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## **SWEETS AND PUDDINGS**



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Vol. VI

**SWEETS AND  
PUDDINGS**

by

COUNTESS  
MORPHY

HERBERT JOSEPH

4 Adam Street

Adelphi

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PEACH HALL WORKS TONBRIDGE KENT

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# *Cold Sweets*

## SAUCES AND GARNISHES FOR SWEETS

### APRICOT SAUCE

Rub a few peeled and stoned ripe apricots through a sieve, and thin the purée with a light syrup made with sugar and water. Put in a saucepan, bring to the boil and skim carefully. Stir till the mixture begins to thicken and clings to the spoon. Remove from the fire. The sauce is then ready for use. It can be flavoured with a little Madeira, Kirsch or Maraschino.

### BRANDY BUTTER OR SENIOR WRANGLER SAUCE

Divide  $\frac{1}{4}$  lb. of butter into small pieces and work in 2 ozs. of castor sugar, 4 bitter and 6 sweet almonds, previously blanched, skinned and pounded in a mortar, and add brandy to taste. Beat thoroughly all together with a wooden spoon, pile up on a glass dish and keep in a cold place till required.

### CARAMEL SAUCE

Put 1 oz. of lump sugar in a saucepan and cook till it begins to turn a deep amber colour. Stir and add  $\frac{1}{2}$  pint of boiling thin syrup and stir for a few minutes longer. This can be used either hot or cold.

### CHERRY SAUCE

Cook the cherries as for compôtes and add an equal quantity of gooseberry jelly, and flavour with a little Kirsch.



### CHESTNUT PURÉE (Sweet)

Put the shelled chestnuts in a saucepan and cover with water, adding  $\frac{1}{2}$  oz. of sugar to every lb. of chestnuts. When tender rub through a sieve, put in a saucepan and stir over a slow fire to let the moisture evaporate. Thin with a little butter and milk or cream and add sugar to taste. The purée should be quite thin and light.

### CHOCOLATE SAUCE (1)

Dissolve  $\frac{1}{2}$  lb. of chocolate with just under  $\frac{1}{2}$  pint of water and stir over a slow fire till entirely free from lumps and perfectly smooth. This can be used either hot or cold.

### CHOCOLATE SAUCE (2)

The same as preceding recipe, but just before removing from the fire stir in 3 tablespoons of cream and a piece of butter the size of a nut.

### CRÈME ANGLAISE

Put the yolks of 4 eggs in a saucepan and beat to a cream with  $\frac{1}{2}$  lb. of sugar, and add gradually  $\frac{1}{2}$  pint of boiling milk flavoured to taste with vanilla, lemon, etc. Stir over a slow fire till the mixture begins to thicken and coats the spoon. Do not allow to boil or the custard will curdle. Strain through a cloth and use as required. If to be used cold, keep on stirring till the custard is cold.

A small amount of gelatine is sometimes added to the custard when it is to be used cold.

### CRÈME CHANTILLY OR WHIPPED CREAM

Put the cream in a large bowl or basin, and stand in a cold place for about 1 hour. Use a strong egg whizk for whipping the cream. Do not beat too vigorously, but beat steadily and regularly, without lifting the whisk from

the cream. When it begins to thicken, and forms bubbles, accelerate the speed of the whipping, and continue until the cream is sufficiently stiff to cling to the whisk, and when shaken off to remain quite firm. The cream should be doubled in volume. Do not beat any more, as any further whipping may cause the cream to turn to butter. Keep in a cold place till required.

### CRÈME FRANGIPANE

Put  $\frac{1}{2}$  lb. of flour and the same of sugar in a saucepan with 2 whole eggs and the yolks of 4 eggs, and a pinch of salt. Work all thoroughly together and add gradually  $\frac{3}{4}$  pint of boiling milk, flavoured with a small piece of vanilla pod or with a few drops of vanilla essence. Stir the mixture over a slow fire and let boil for 2 or 3 minutes and pour in a basin. Then add 1 oz. of pounded macaroons and 2 ozs. of butter, divided in small pieces.

### CRÈME PATISSIÈRE

Proceed as in the foregoing recipe, but using  $\frac{1}{2}$  lb. of castor sugar, the yolks of 5 or 6 eggs,  $2\frac{1}{2}$  ozs. of flour and  $\frac{1}{2}$  pint of milk flavoured with vanilla. (No macaroons.)

### FRUIT SAUCES OR PURÉES

Fruit for sauces are prepared in the same manner as jams, but are not allowed to become so thick. They are then rubbed through a sieve and thinned with a little butter and some kind of wine or liqueur—Madeira, maraschino, kirsch, etc.

### JAM SAUCE

Melt the quantity of jam required and thin with either a light syrup made with lump sugar and water, or with some kind of wine or liqueur.

## MARMALADE SAUCE

Rub the required amount of marmalade through a sieve and add one-third of Apricot sauce (see p. 17). Flavour with curaçoa (optional).

## MERINGUE (Garnish)

Beat the whites of 4 eggs to a stiff froth and add 6 ozs. of castor sugar, mixing very lightly.

## MERINGUE ITALIENNE (Garnish)

Mix the whites of 4 eggs with  $\frac{1}{2}$  lb. of castor sugar and whip over a *very* slow fire till the meringue is sufficiently stiff to cling to the whisk.

## PRALIN (Caramel and Almonds)

Cook 1 lb. of castor sugar to a deep amber colour (see Caramel, in *Cooking of Sugar*, p. 22) and stir in the same quantity of blanched almonds, lightly browned in the oven. Pour the mixture on an oiled marble, or in a buttered dish, and let stand till cold. Pound in a mortar, rub through a sieve and, if not to be used at once, put in an air-tight tin. It will keep for some time.

## PRALIN À LA GLACE ROYALE

Beat the whites of 2 eggs with 3 tablespoons of icing sugar till the mixture is sufficiently stiff to drop slowly from the spoon. Add a fair proportion of finely chopped almonds, blanched and dried in the oven, and use as required for cakes and various sweets.

## WINE SAUCE

See Jam Sauce, p. 19. Thin with 3 or 4 tablespoons of whatever wine is being used.

## THE COOKING OR BOILING OF SUGAR

The use of a saccharometer greatly simplifies the boiling of sugar, but when this instrument is not available the various degrees can be gauged approximately by simple tests. Use either castor sugar or very white sugar crystals. Put the sugar in a saucepan with only sufficient water to dissolve it—about 6 tablespoons to every lb. of sugar. Set over a slow fire and stir occasionally till the sugar is dissolved. Then put on a quick fire. Do not cover the pan and do not touch the sugar till it boils. Then remove all scum carefully, wiping the inside of the pan free from scum with a damp cloth. When the water has evaporated the actual cooking of the sugar to its various degrees begins.

(1) **THE SMALL THREAD** (215° F.).—Dip the forefinger and thumb into cold water and rapidly dip in the sugar. If on immediately separating the fingers the syrup is drawn to a fine thread which breaks at a short distance the sugar has reached the degree of Small Thread.

(2) **LARGE THREAD** (220° F.).—Apply the same test after a few minutes further boiling. If the thread can be drawn out longer without breaking the sugar is boiled to a Large Thread.

(3) **THE PEARL** (222° F.).—Boil for 1 or 2 minutes longer. Apply the same test. If the sugar can be drawn still further without breaking it has reached the Pearl degree.

(4) **SMALL BLOW** (230° F.).—Boil a little longer. Dip a skimmer into the sugar, drain over the pan, and blow through the holes. If small bubbles appear on the other side of the skimmer the sugar has reached the Small Blow.

(5) **LARGE BLOW or FEATHER** (233° F.).—Boil a little longer. Repeat the preceding test. There should be more bubbles, and they should fly off like small feathers when the skimmer is shaken.

(6) **SMALL BALL** (236° F.).—It reaches this stage when the

sugar can be rolled into a small soft ball when rolled between the thumb and forefinger.

(7) **LARGE BALL** (248° F.).—The ball is firmer when the same test is applied. The sugar at this stage is elastic and can be stretched and is sticky.

(8) **SMALL CRACK** (285° F.).—Boil for a minute longer, or less. Dip the forefinger in cold water, then in the sugar, and again in cold water. The sugar drops off and is beginning to be brittle.

(9) **LARGE CRACK** (315° F.).—Boil a little longer. Repeat the test. The sugar should now be quite brittle.

(10) **CARAMEL** (360° F.).—The sugar now begins to colour, and has to be carefully watched so that it does not burn. When it has reached a deep amber or brown colour, remove from the fire.

### TO CLARIFY SUGAR

Dissolve 3 lbs. of sugar in  $\frac{1}{2}$  pint or less of water, not letting it get hot. Beat the whites of 2 eggs—but not to a froth—in another saucepan and pour the dissolved sugar over them. Bring to the boil and boil for 5 minutes. Remove the scum, and when the sugar begins to boil again add 1 or 2 tablespoons of cold water, and repeat this twice. Skim again till the syrup is quite clear and strain through a cloth or jelly-bag.

## *Cold Sweets*

### AMBROSIA

Slice a few peeled oranges into thin slices and put in a glass dish with alternate slices of pineapple. Sprinkle with sugar and add a glass of Madeira or Marsala, or whatever wine or liqueur is preferred. Stand in a cold place for 1 hour or longer.

### APPLE FOOL

See Gooseberry Fool, p. 31.

## BAVAROIS OR MOSCOVITES

There are two kinds of Bavarois or Moscovite—those made with custard and cream and those made with fruit pulp and cream. They are moulded in a Turk's head mould, well oiled.

### BAVAROIS AU CAFÉ

Make a custard or Crème Anglaise as directed on p. 18, dissolving  $\frac{1}{2}$  oz. of gelatine in the milk (or a little more in hot weather) and flavouring the milk with 2 or 3 tablespoons of strong coffee, according to taste. When lukewarm add an equal amount of Chantilly or whipped cream (see p. 18) to which sugar has been added. Beat lightly together, put the mixture in a Turk's head mould with a large spoon and stand in a cold place or on ice till set. On ice, the bavarois will set in about  $1\frac{1}{2}$  hours. If stood in a cold place it may take from 5 to 6 hours. Turn out carefully on a folded napkin or on a glass dish.

### BAVAROIS AU CHOCOLAT

The same as preceding recipe, but with chocolate. Dissolve  $3\frac{1}{2}$  ozs. of chocolate in 2 or 3 tablespoons of water, and when dissolved and quite smooth stir it into the boiling milk with which the custard is to be made.

### BAVAROIS A LA VANILLE

The same as preceding recipes, but flavouring the milk with either a small piece of chopped vanilla pod or with vanilla essence.

### BAVAROIS AUX FRUITS

The proportions for fruit bavarois are  $\frac{1}{2}$  pint of fruit purée, mixed with  $\frac{1}{2}$  pint of light syrup, the juice of 3 lemons, 1 oz. of dissolved gelatine strained through a cloth, and  $\frac{1}{2}$  pint of whipped cream. These fruit bavarois

can be garnished with either the whole fruits or with slices of the same fruit used for the purée. Such fruit as strawberries, blackberries, raspberries, gooseberries, etc., are not cooked—they are merely rubbed through a sieve. But pears, apricots, peaches, etc., are lightly cooked in a little syrup before being rubbed through a sieve. The whipped cream is added to the fruit purée, which has been mixed with the syrup. Put in a mould, etc., as in previous recipes.

### BLANC-MANGE (French)

Blanch 1 lb. of almonds and 4 bitter ones, skin them and put in a basin of cold water so as to keep them very white. Pound in a mortar, adding gradually just under  $\frac{1}{2}$  pint of filtered water. Now put the pounded almonds in a cloth, twist the ends of the cloth so as to extract the liquid or milk from the almonds. Dissolve 6 ozs. of lump sugar in the almond milk, and add 1 oz. of dissolved gelatine. Strain through a cloth, pour in an oiled Turk's head mould and stand in a cold place or on ice till set. Another method is to pound the almonds in a mortar with only 2 tablespoons of water and the same quantity of thin cream.

This is the foundation of French blanc-mange, which can be flavoured with vanilla, etc., according to taste.

### BLANCMANGE (English, 2 methods)

*Ingredients* :  $1\frac{1}{2}$  pints of milk,  $\frac{1}{2}$  pint of cream, 2 to 3 ozs. of sugar,  $1\frac{1}{2}$  ozs. of gelatine, 8 bitter almonds, the rind of  $\frac{1}{2}$  a lemon, 1 wineglass of brandy.

*Method* : Infuse the lemon rind in the milk for 1 hour, with the almonds, previously blanched, skinned and bruised. Strain and add the sugar and gelatine and stir over a very slow fire till the gelatine has completely dissolved. Remove any scum that rises, remove the pan from the fire and put the mixture in a basin. Add the cream and stir till cold, so

at the cream will not settle on the surface. Add the brandy and put into a mould till set.

A more current method nowadays is to make blanchmange as follows :

Make a smooth paste with 4 tablespoons of either arrowroot or cornflour. Put  $1\frac{1}{2}$  pints of milk in a saucepan, bring to the boil, add a little lemon rind, vanilla or other flavouring, 1 oz. of gelatine, and simmer very gently for 15 minutes. Strain the milk over the arrowroot or cornflour, add sugar, and stir the mixture over a slow fire for 5 to 10 minutes. Pour into a mould, previously rinsed with cold water, and keep in a cool place till set.

### CHANTILLY CREAM WITH FRUIT

Any fruit—such as peaches, apricots, nectarines, pears, etc.—can be garnished with Chantilly Cream. The fruit is poached in a light syrup and, when cold, covered with the cream.

### CHARLOTTE, APPLE

Line a well-buttered charlotte mould with round or heart-shaped croûtons of bread lightly fried in butter, about  $\frac{3}{4}$  inch in diameter, and line the sides of the mould, arranging the croûtons so that they overlap each other. Quarter and peel 12 medium-sized apples and chop them finely. Put in a saucepan with 1 oz. of butter, 2 tablespoons of sugar, a few strips of lemon peel and a little nutmeg. Simmer for  $1\frac{1}{2}$  to 2 hours, or till the apples are reduced to a pulp. Add 3 tablespoons of apricot jam, and fill the mould with the mixture. Cover with a round piece of bread dipped in melted butter, and bake in a moderate oven for 30 minutes. When done, remove carefully from the mould and let stand till cold. Serve with Apricot sauce (see p. 19 for Fruit Sauces).

### CHARLOTTE, BANANA

The same as in preceding recipe, but using banana pulp.



Rub the bananas through a sieve, mix with a little cream, sweeten to taste and fill the prepared charlotte mould. Or the mould may be lined with halved sponge fingers and filled with the banana mixture to which 1 oz. of dissolved gelatine has been added. This charlotte is not cooked. Stand in a cold place till set and carefully turn out of the mould.

### CHARLOTTE CHANTILLY

Line the bottom and sides of a charlotte mould with halved sponge fingers, cover with apricot jam, and fill with Chantilly or whipped cream (see p. 18) flavoured with vanilla and sugar.

### CHARLOTTE RUSSE

Line a charlotte mould with either halved sponge fingers or sponge fingers cut in fancy shapes. Fill with Vanilla Bavaois (see p. 23) or with any of the Bavaois mixtures (see pp. 23) to which  $\frac{1}{2}$  oz. (or 1 oz. in hot weather) of gelatine has been added. Stand in a cold place till set.

### CHESTNUTS À L'ITALIENNE

Bake 3 lbs. of chestnuts and peel them. Rub through a sieve and put in a saucepan with  $\frac{3}{4}$  lb. of castor sugar, 3 ozs. of chocolate, broken in small pieces, 1 teaspoon of vanilla essence, and  $\frac{3}{4}$  pint of milk. Simmer gently for 3 to 4 hours till the mixture is quite soft. Rub through a coarse sieve and mix thoroughly. Sprinkle grated chocolate in a buttered plain mould, pour in the mixture and put on ice or in a cold place for several hours till set. Turn out and sprinkle with more grated chocolate.

### CHOCOLATE MAYONNAISE

Dissolve 3 ozs. of chocolate in 2 or 3 tablespoons of water and stir to a smooth paste. Remove from the fire,

and when nearly cold add gradually the yolks of 3 eggs, well beaten. Then add the whites of egg beaten to a stiff froth with  $1\frac{1}{2}$  ozs. of sugar. Mix thoroughly and serve on glass dish.

### COFFEE ICE SOUFFLÉ

Add 1 teacup of very strong cold coffee to 1 pint of sweetened Chantilly or whipped cream (see p. 18), put in a plain mould and freeze in a pail with ice and freezing salt. When set, but not frozen hard, turn out of the mould and sprinkle freely with Pralin (see p. 20).

### CRÈME MOULÉE AU CARAMEL

Coat a plain mould with somewhat thick caramel (see p. 17) and fill with Crème Anglaise or custard (see p. 18) flavoured with vanilla. Cover the mould, stand in a saucepan of boiling water and simmer very gently in the oven for about 25 to 30 minutes till the custard has set. Remove from the oven and when quite cold turn out carefully on a dish on a folded napkin.

### CRÈME RENVERSÉE OU MOULÉE

The same as Crème Moulée au Caramel (see above), but without the caramel.

### CUSTARD (English, 3 recipes)

For many centuries custard has enjoyed great popularity in England, although the custard of our forefathers was unlike that of the modern housewife, who usually makes it from a synthetic "custard powder," and rarely uses eggs.

In a sixteenth-century cookery book we find a quaint recipe for a custard :

"To make a Custarde. A Custarde the coffyn must be fyrtyse hardened in the oven, and then take a quart of creame and fyve or syxe yolks of egges, and beate them well together, and put them into the creame, and put in

Suger and small Raysyns and Dates sliced, and put into the coffyn butter or els marrowe, but on the fyshe daies put in butter."

Custards in those days seem to have been served in a crust or mould of paste for a pie—a raised crust of pie, which was then called a "coffyn."

In the days of Queen Elizabeth one of the favourite jokes was "The Almaine Leap into a Custard":

"A vast dish, broad and deep, was filled with custard and placed on the table and, while the company was busily employed in despatching their meal, a Zany, or Jester, suddenly entered the room and, springing over the heads of the astounded guests, plunged himself into the quivering custard, to the unspeakable amusement of those who were far enough away from the tumbler not to be bespattered by this active gambol."

This joke was, in those days, a popular one at the Lord Mayor's Feast.

The modern custard in England, however, is neither served in a "coffyn" nor in a sufficiently large dish for even the smallest of jesters or fools to leap into. It is quite prosaic, and of almost daily occurrence on the English table.

The ordinary boiled custard, which is so often served with fruit, puddings, etc., is made as follows: Put  $\frac{1}{2}$  pint of milk in a saucepan with 1 to  $1\frac{1}{2}$  ozs. of sugar and whatever flavouring is preferred—lemon rind, vanilla, bayleaf—stir till the milk is warm and the sugar dissolved. Mix 3 yolks of eggs in a basin, strain the warm milk over them, pour back into a saucepan and stir, without allowing the mixture to boil, till it is of the required thickness. It can also be made in a double saucepan. Use as required. The same mixture can be used for baked custard and simply poured into a buttered pie-dish and baked in a very moderate oven for about 30 minutes till set.

### DEVONSHIRE CLOTTED CREAM

The milk is left to stand for about 24 hours in winter and half the time in summer, the pan being then put over very slow heat and remaining there till the milk is very hot—but on no account should it boil. The time required depends on various factors—the size of pan, etc.—but the more slowly the process is carried out the better. When small rings and undulations appear on the surface of the milk, it is sufficiently scalded. The pan should be kept in a cool place till the following day, when the cream is skimmed off and put in tins or pots.

### FAIRY BUTTER

Beat the yolks of 6 hard-boiled eggs to a cream with  $\frac{1}{4}$  lb. of sugar and  $\frac{1}{4}$  lb. of butter. Add 2 tablespoons of brandy. Line a dish with ratafias and macaroons, previously soaked in white wine, sherry and brandy, and pile the fairy butter over them. For special occasions, the top may be ornamented with ratafias and split almonds, previously blanched and skinned. This sweet should be served quite cold.

### FIG MOULD

Chop 1 lb. of figs and put in a saucepan with 6 ozs. of sugar, 1 pint of water, 2 or 3 strips of lemon rind, and simmer till the figs are quite tender. Dissolve 1 oz. of gelatine in 3 tablespoons of water and add. Pour the mixture into a mould or into small moulds, rinsed with cold water, and stand till set. Serve with either custard or whipped cream.

### FROMAGE À LA CRÈME

*Ingredients* : For a cheese sufficient for 4 people : 2½ pints of milk, a few tablespoons of cream.

*Method* : Put the milk in a jug and keep it in a warm place till it sours and becomes solid. On no account must

the milk be soured with rennet. When solid, put it in a piece of butter muslin, gather the ends together to form a bag, and hang this over a basin in a cool place to drain for 12 hours or so. It is then put in a basin, mixed with a little milk, and sometimes put into a mould or a special heart-shaped wicker basket, to shape it, but this is not necessary. When dished up a little cream is poured over it.

### FRUIT COOKED IN SYRUP

Put 1 lb. of lump sugar in a saucepan with 3 to 4 table-spoons of water and dissolve over a slow fire. Add whatever fruit is to be cooked. Pears, apples, oranges, etc., should be peeled and quartered; apricots, nectarines, greengages or small peaches can be left whole. Simmer till tender, but do not cook too long or the fruit will break. The latter fruit can either be peeled and stoned when cooked, or can be left whole. Such fruit as strawberries, blackberries, etc., is cooked for a few minutes only. When done, put the fruit in a glass dish and let stand till quite cold. The addition of a little wine or liqueur to the syrup is a great improvement.

### FRUIT PURÉES

See Fruit Sauces or Purées, p. 19. These make a very delicious sweet and can be served in custard glasses. They should be well iced or served very cold.

### FRUIT SALADS

Fruit salads should always be prepared 1 or 2 hours before required, and stood on ice or in a cold place. Peel and quarter such fruit as pears, oranges, peaches, apricots, etc., leave such fruit as strawberries, raspberries, etc., whole. Sprinkle freely with sugar and moisten with either a little syrup or wine. Fruit salads can also be made with two

kinds of fruits—a mixture, for instance, of peaches and strawberries, or pineapples and raspberries, etc.

### GÂTEAU AU CHOCOLAT MARIE-LOUISE

Dissolve  $\frac{1}{4}$  lb. of chocolate in 3 or 4 tablespoons of water. When cold, mix with the yolks of 4 eggs beaten to a cream with 1 tablespoon of sugar and  $\frac{1}{4}$  lb. of butter. Then add the whites of egg beaten to a stiff froth and beat the whole thoroughly. Turn into a buttered mould and stand in a cold place for 12 hours, or on ice for 4 or 5 hours.

### GÂTEAU ST. HONORÉ

Make a stiff paste with 3 ozs. of butter, 2 ozs. of castor sugar rubbed into 6 ozs. of flour, adding a little milk if necessary. Roll out to the size of a pudding plate, prick and stand for 2 hours. Bake in a quick oven to a light golden colour. When cold, force a 2-inch wide ring of chou paste (see p. 123) around the baked paste, and also shape the chou paste into 12 small balls the size of a large walnut. Bake in a moderate oven to a light golden colour. When done sprinkle with castor sugar and glaze under a grill. Dip the pastry balls in caramel and place over the ring of pastry, and fill the centre with Crème Chantilly or whipped cream (see p. 18).

### GOOSEBERRY FOOL

Cook 1 quart of gooseberries in a light syrup till tender. Rub through a sieve, and when quite cold add this purée to 1 pint of whipped cream, sweetened to taste.

### THE HEDGEHOG

Line a pudding basin with 2 dozen halved sponge fingers, previously sprinkled with Madeira. Cream  $\frac{1}{2}$  lb. of butter with the same quantity of sugar and flavour with 4 tablespoons of strong coffee. When quite smooth, put a layer

of this mixture in the pudding basin over the sponge fingers, cover with more sponge fingers steeped in Madeira, and continue in alternate layers till the basin is full. The top layer should be of sponge fingers. Cover with a plate and put a heavy weight over it. Stand in a cold place for 12 hours. Turn out carefully and decorate with almonds, previously blanched, browned in the oven and thinly sliced. The almonds should be put very closely together and in regular rows to look like the bristles of a hedgehog.

### ICED CHOCOLATE MOUSSE

Add 2 ozs. of dissolved chocolate to the yolks of 3 eggs well beaten with 1 tablespoon of sugar. Mix with an equal quantity of sweetened whipped cream, put into a mould and freeze slightly.

### ICED PEACHES WITH HOT BRANDY

Stand a few previously peeled peaches in a basin surrounded with crushed ice for about 1 hour. Put them on a hot silver dish, sprinkle with sugar, and to serve pour hot brandy over them and set it alight. The peaches remain quite cold in spite of the hot brandy.

### ICED RASPBERRY MOUSSE

Rub uncooked raspberries through a sieve and add to an equal quantity of sweetened whipped cream to which the whites of 2 eggs, beaten to a stiff froth, have been added. Freeze slightly.

### ICED STRAWBERRY MOUSSE

The same as preceding recipe, using strawberries.

### JELLIES

Jellies can be made with either calves' foot or aspic jelly, or with gelatine. To make the latter, dis-

solve  $1\frac{1}{2}$  to 2 ozs. of gelatine in 1 quart of water, adding  $\frac{1}{2}$  lb. of sugar and the juice of  $\frac{1}{2}$  a lemon and 1 whole orange. Bring to the boil, remove from the fire and let stand for 10 minutes. Beat up the whites of 2 eggs in a saucepan with 3 tablespoons of white wine and add gradually the water with the dissolved gelatine, beating vigorously with a whisk. Replace the saucepan on the fire and continue beating till the mixture boils. Then stop beating and simmer very gently for 15 minutes. Strain through a wet cloth or jelly bag. Stand till nearly set and add the flavouring.

### JELLIES, FRUIT

When made with such fruit as strawberries, raspberries, gooseberries, cherries, etc., these are rubbed through a sieve, and 1 gill of water is added to every lb. of purée. This purée is filtered through a cloth and added to an equal part of jelly, which should in this case have been made with double the amount of gelatine. Fruit jellies can be flavoured with lemon, orange, tangerine juice, etc. Pour the liquefied jelly into a mould rinsed with cold water and stand in a cold place till set.

### JELLIES, WINE

The jellies can be flavoured with Madeira, sherry, Marsala, champagne, etc., in the proportion of 1 gill of the wine to every  $1\frac{3}{4}$  pints of jelly.

### JUNKET

*Ingredients :* To every pint of fresh milk allow 1 dessert-spoon of sugar, 1 of brandy, 1 teaspoon of rennet. Clotted cream (see p. 29) or whipped cream, a little cinnamon or grated nutmeg.

*Method :* Warm the milk and remove the saucepan from the fire. Stir in the sugar, rennet and brandy, and pour the mixture in a somewhat deep dish, in which it should be



served. When set, cover with either the clotted cream or whipped cream and sprinkle with cinnamon or nutmeg.

### LEMON SOUFFLÉ

Beat the yolks of 6 eggs with 6 ozs. of sugar and flavour with the juice of 2 lemons. Put in a saucepan and simmer over a slow fire till the mixture begins to thicken. Remove from the fire and, when nearly cold, mix in the 6 whites of egg beaten to a froth. Put in a glass dish and serve very cold.

### LEMON SPONGE

Soak  $1\frac{1}{2}$  ozs. of gelatine in cold water for 2 hours, strain and pour over it 1 pint of boiling water, in which the rinds of 2 lemons have been boiled for a few minutes. Then add the juice of 3 lemons, and  $\frac{1}{2}$  lb. of loaf sugar. Stir on a slow fire till the sugar is dissolved and the mixture begins to thicken. Remove from the fire and, when almost cool, whisk in the white of 2 eggs, beaten to a stiff froth. Whisk to the consistency of a frothy sponge, and turn into a mould, previously rinsed in cold water. Stand in a cold place till set.

### MACÉDOINE OF FRUIT

The same as Fruit Salad, p. 30, but made with mixed fruits, moistened with a light syrup, flavoured with kirsch or maraschino. Stand on ice for 1 or 2 hours.

### MERINGUES

For the mixture see Meringue, p. 20. Drop a spoonful at a time on buttered paper, put these on a baking sheet, sprinkle the meringues lightly with castor sugar, and bake in an almost cold oven till the outside of the meringue is set and crisp. When quite cold and set they are ready for use. When small, the meringues can be eaten without a

filling. When large, scoop out a little of the soft inner part and fill with sweetened whipped cream.

### MONT-BLANC

Bake 3 lbs. of chestnuts and shell them. Then boil them in sweetened milk, flavoured with vanilla till quite tender. Rub them through a sieve into a round border mould and, when the mould is full, turn out carefully on a dish. Fill the centre of the chestnut border with piled-up whipped cream, sweetened and flavoured with vanilla.

### MOUSSE OF CHOCOLATE

Beat the whites of 2 eggs to a stiff froth, and add 2 table-spoons of sugar. Then add 2 ozs. of chocolate dissolved with 1 or 2 tablespoons of water. Beat till quite light and serve at once.

### MOUSSE OF COFFEE AND CHOCOLATE PRALINÉ

Proceed as in foregoing recipe, but dissolve the chocolate with coffee instead of water. When the mousse is done, sprinkle freely with Pralin (see p. 20).

### NÈGRE EN CHEMISE

Mix 2 ozs. of butter, 2 ozs. of sugar, 2 ozs. of grated chocolate and 2 ozs. of blanched pounded almonds in a basin. Add the whites of 2 eggs beaten to a stiff froth, put in a mould and place the mould in a saucepan of boiling water. Simmer in the oven for 2 hours. When cold, turn out and cover with sweetened whipped cream.

### OEUF À LA NEIGE

(Snow eggs)

*Ingredients :* For 6 people : 6 eggs,  $\frac{3}{4}$  pint of milk, 6 ozs. of lump sugar or sugar crystals, 5 ozs. of castor sugar, flavouring of vanilla, lemon, etc., according to taste.

*Method*: Put the milk, lump sugar, and flavouring in a saucepan. This should not be very deep, as the poaching of the eggs becomes difficult. Bring to the boil, stirring well so that the sugar melts. Beat the whites to a very stiff froth—test whether it is sufficiently stiff by placing an egg on it. If the egg does not sink, the whites are sufficiently beaten. Now add the castor sugar to the whites, beating steadily. Put a little beaten white of egg in a spoon, and with a knife smooth it and give it the shape of an egg. Drop these, one at a time, in the boiling milk, and after  $1\frac{1}{2}$  minutes turn each “egg” carefully with a fork, so that the upper side gets cooked. Leave them in for exactly 2 minutes more—not longer, or they will collapse. Remove from the milk with a perforated spoon, and drain either on a large sieve or on a clean cloth.

The milk is now strained through a sieve. Beat the yolks and add the warm milk to them gradually. Put back on the fire and stir till the mixture begins to thicken. When quite cold put in a glass dish and add the whites, which will float on the surface.

### PAVÉ DE CHOCOLAT

Dissolve  $\frac{1}{4}$  lb. of chocolate in 4 tablespoons of strong coffee. Cream 1 lb. of butter with 3 tablespoons of sugar, add the chocolate and coffee mixture when cold and beat all to a smooth cream. Have ready 3 dozen large halved sponge fingers. Place 5 in a row close together, the halved portion upward. Coat with a layer of the mixture. Lay 5 more halved sponge fingers over the mixture and continue in alternate layers till the sponge fingers are used up. Cover the top with a layer of sponge fingers. Stand in a cold place for 2 or 3 hours.

### PEARS À LA BOURGUIGNONNE

Peel and quarter 2 lbs. of pears and cook till tender in a

syrup made with 1 lb. of lump sugar, 3 tablespoons of water and 1 wineglass of claret. When done, put in a glass dish and serve very cold.

### PEARS AND RICE

Tinned pears are usually used for this dish in England. Put  $\frac{1}{4}$  lb. of rice in a saucepan with  $1\frac{1}{2}$  pints of milk, 2 ozs. of sugar, a little grated lemon rind and a pinch of salt. Bring to the boil and simmer till the rice is soft. Then stir in the yolks of 2 eggs, turn the mixture into a round, flat mould, and invert on a dish. When cold pile the pears on the rice mould.

### PINEAPPLE À LA CRÉOLE

Remove the top and 1 thick slice of the pineapple. Remove all the hard centre part of the pine with a grapefruit corer or with a knife. Slice the pineapple thinly and evenly and replace the slices one on top of the other. The pineapple should look as if it had not been cut. Fill the centre with castor sugar and liqueur—Grand Marnier, or Curaçao, Cherry Brandy, etc. Stand on ice for a few hours, and serve very cold.

### PRUNE MOULD

Remove the stones from 1 lb. of previously soaked prunes. Chop and put in a saucepan with  $1\frac{1}{2}$  pints of water,  $\frac{1}{2}$  lb. of sugar, and the juice and shredded rind of 1 lemon. Bring to the boil and simmer for 30 minutes. Then stir in 1 oz. of gelatine, previously melted in a little water, and turn into a mould rinsed out with cold water. Stand in a cool place till set.

### PRUNES IN WINE

Put 1 lb. of prunes in an earthenware casserole, cover with Marsala wine or a light port and bring to the boil.

Simmer for 10 minutes, remove from the fire and let stand for 3 days. The prunes will have absorbed much of the wine and are highly flavoured.

### RICE WITH PRUNES

Proceed as in recipe for Pears and Rice (see p. 37), but using cold stewed prunes and a little of the syrup in which they were cooked.

### RICE WITH RAISINS

Put  $\frac{1}{4}$  lb. of rice in a saucepan with just enough water to cover, a good pinch of salt, and 2 or 3 sticks of cinnamon. Add 1 heaped tablespoon of raisins or sultanas, sugar to taste, and simmer till tender.

### RIZ À L'IMPÉRATRICE

Boil  $\frac{1}{2}$  lb. of rice till quite soft in sweetened milk and 1 oz. of butter. When done, mix in the yolks of 3 eggs and let stand till cold. Then mix in  $\frac{1}{4}$  lb. of chopped candied fruit and 4 tablespoons of apricot purée or apricot jam. Add finally  $\frac{1}{2}$  pint of custard and  $\frac{1}{2}$  pint of whipped cream mixed. Put in a mould and stand on ice or in a cold place till set.

### RICE WITH MILK

Put 1 breakfast cup of rice in an earthenware terrine with a few lumps of sugar and a small piece of vanilla pod. Cover generously with milk, bring to the boil, cover, and simmer very gently in the oven for 4 to 5 hours, adding more hot milk occasionally. It must not be allowed to set like a rice pudding, and should be of the consistency of thick cream. Let stand till cold.

### SILLABUB

Put 2 wineglasses of sherry or Madeira in a bowl or basin with 2 of brandy, the juice of  $\frac{1}{2}$  a lemon, 2 or 3 table-

spoons of sugar or more, according to taste, and add 1 pint of cream. Whip all together till light and frothy. Serve in large custard cups of glasses.

### SNOW EGGS

See Oeufs à la Neige, p. 35.

### STEWED FIGS

Here are two different versions of this very popular English sweet, which is so often taken more for medicinal purposes than for pleasurable ones. First, I give Eliza Acton's version of "A very nice compôte," from "Modern Cookery" (1861):

"Put into an enamelled or copper stewpan four ounces of refined sugar, the very thin rind of a large and fresh lemon, and a pint of cold water. When the sugar is dissolved, add a pound of fine Turkey figs, and place the stewpan on a trivet above a moderate fire, or upon a stove, where they can heat and swell slowly, and be very gently stewed. When they are quite tender, add to them two glassfuls of port wine, and the strained juice of the lemon; arrange them in a glass dish, and serve them cold. From 2 to 2½ hours of the gentlest stewing will generally be sufficient to render the figs fit for table. Orange-juice and rind can be used for them at pleasure, instead of the lemon; two or three bitter almonds may be boiled in the syrup to give it flavour, and any wine can be used for it which may be preferred, but port is best."

We now turn to a modern and simplified version of the same dish:

Put 1 lb. of dried figs in a saucepan, cover with cold water, add the grated rind and the juice of ½ a lemon. Bring to the boil, and simmer till the figs are tender—about 1½ hours. Remove the figs from the saucepan, add a little castor sugar

and stir till the mixture thickens. Add a little lemon juice, pour over the figs, and serve with either Crème Anglaise (see p. 11), Custard (see p. 27), or Junket (see p. 33).

### STEWED FRUITS

In the stewing of most fruits, allow 1 lb. of lump sugar, dissolved in just under 1 gill of water, to every 2 lbs. of fruit. Apples and pears should be peeled, cored and quartered, and simmered in the syrup till tender. Plums, apricots and cherries should have the stalks removed, and the stones taken out or not, according to individual taste. They are more easily removed when the fruit is cooked.

### STEWED PRUNES

In cooking prunes, or other dried fruit, they should be soaked for 12 hours before being cooked. The syrup in which they are put should be thinner, as they require longer cooking than fresh fruit, and the syrup tends to become too thick. Very gentle simmering is essential in the stewing of all fruit.

### “STRAWBERRIES AND CREAM”

Remove the stalks from 1 lb. of good sound and ripe strawberries, put them in a basin and crush to a pulp with a fork. Mix in an equal quantity of Chantilly or whipped cream (see p. 18), sweetened to taste. Serve very cold on a glass dish.

### STUFFED MELON

Cut a slice from the top part of the melon, remove the seeds, and scoop out the greater part of the pulp. Put in a basin and mix with half the quantity of halved strawberries or whole raspberries, and sprinkle with sugar. Replace the mixture in the melon, cover with the top and stand on

ice for 2 or 3 hours. Peaches, nectarines and apricots can also be used.

### STUFFED PINEAPPLE

Proceed as in Pineapple à la Créole, but remove a little of the pineapple pulp as well as the hard centre part. Chop the pulp and mix with coarsely chopped peaches, nectarines or apricots. Sprinkle with sugar and replace the mixture in the pineapple. Add a liqueur glass of some kind of liqueur—Kirsch, Maraschino, Peach or Cherry Brandy—and stand on ice or keep in a cold place for 2 or 3 hours.

### TANGERINES WITH CREAM

Cut a neat round slice from the top of the tangerines, remove the pulp carefully, and with the pulp make a tangerine bavarois (see Bavarois, p. 23). Fill the tangerines with the bavarois and stand on ice for 2 or 3 hours.

### TRIFLE

*Ingredients :* 4 sponge cakes, 1 doz. ratafia biscuits, 6 macaroons,  $\frac{1}{2}$  pint of custard, 2 ozs. of blanched and shredded almonds, a little grated lemon peel, the whites of 2 eggs,  $\frac{1}{2}$  pint of cream, strawberry or raspberry jam, sugar, 1 gill of sherry or brandy ; and for the decoration, candied angelica and cherries.

*Method :* Cut the sponge fingers in half and spread a layer of jam on each. Cover with the other half. Lay a few in the bottom of a glass dish, with alternate layers of macaroons and ratafias. Moisten with the sherry, sprinkle with the almonds and lemon peel, and cover with the cold custard. Over this put the cream, whipped with the whites of egg and sugar. Decorate with the angelica, cut in strips, and the cherries.

### THE WITCHES' FROTH

*Ingredients :* 2 lbs. of apples, the whites of 2 or 3 eggs,



6 tablespoons of sugar, a little lemon juice, sliced fresh fruit and whipped cream.

*Method :* Bake the apples till very soft, remove the peel and the core, and rub the pulp through a sieve. When quite cold, add this pulp gradually to the whites of eggs beaten to a very stiff snow, to which the sugar and lemon juice have been added. Put on a glass dish and garnish with slices of fresh fruit and whipped cream.

### ZABAIONE (Italian)

*Ingredients :* The yolks of 3 large eggs, 1½ ozs. of sugar, just over 1 gill of either Marsala wine or Madeira.

*Method :* Put the yolks of eggs and sugar in a basin and beat till the mixture is almost white and very light. Then add the wine and mix thoroughly. Pour into a saucepan and put on a quick fire, beating incessantly, without allowing the mixture to boil or thicken. As soon as it begins to rise, remove from the fire and pour into glasses. When served cold, keep in a cool place till required.

## Hot Sweets

### HOT SAUCES FOR SWEETS

#### FRUIT SAUCES

See Fruit Sauces for Cold Sweets, p. 19.

#### HOT CUSTARD

See Custards for Cold Sweets, p. 27.

#### CHERRY SAUCE

See Cherry Sauce for Cold Sweets, p. 17.

## CHOCOLATE SAUCES

See two recipes for Chocolate Sauce for Cold Sweets, p. 18.

## GOOSEBERRY SAUCE

Melt 4 or 5 tablespoons of gooseberry jelly or jam, and, if too thin, thicken with 1 or 2 teaspoons of arrowroot. Flavour with a little kirsch.

## ORANGE SAUCE

This can either be made in the same way as Marmalade Sauce (see Cold Sweets, p. 20), or it can be made with fresh orange pulp, or purée, thinned with a light syrup and flavoured with some kind of liqueur (optional).

## RASPBERRY SAUCE

See Fruit Sauces, or Jam Sauces, for Cold Sweets, p. 19.

## STRAWBERRY SAUCE

Same as preceding.

## SAUCE WITH NUTS

Add 1 tablespoon of Pralin (see p. 20) made with nuts instead of almonds, to  $\frac{1}{2}$  pint of Crème Anglaise (see p. 18).

## ZABAIONE

See recipe for Zabaione in Cold Sweets, see p. 42. Either hot or cold zabaione can be used as a sauce instead of custard.

## HOT SWEETS

### BAKED APPLES

Cut a thin slice from the top of the apples and carefully remove the core, being careful not to pierce the other end of the apple. Fill this cavity with sugar—either castor sugar

or brown sugar. Place the apples on a baking tin with a little water, sprinkle freely with sugar, and bake in a moderate oven for 1 hour or till very tender, basting occasionally with the syrup made with the water and sugar from the apples.

### APPLES BONNE FEMME

Prepare the apples as in preceding recipe. Fill the cavity with melted butter mixed with sugar, put on a baking tin with a little water and cook in a moderate oven till tender.

### APPLES WITH BUTTER

Peel and core the apples and blanch in boiling water for 2 minutes. Put them in a well-buttered fireproof dish which has a lid, moisten them with a light syrup flavoured with vanilla, cover, and cook in a moderate oven till tender. To serve, put each apple on a round slice of bread, fill the cored part of the apple with a little butter creamed with sugar and flavoured with brandy, and pour the syrup over them.

### APPLE CHARLOTTE

See Apple Charlotte, Cold Sweets, p. 25.

### APPLES CONDÉ

Peel, core and quarter the apples and cook till tender in a light syrup, flavoured with vanilla. Serve on a border of rice cooked and prepared as the rice for Riz à l'Impératrice (see p. 38).

### APPLES WITH CREAM

Peel and core the apples and cook till tender in a light syrup, but do not overcook them or they will break. Put a layer of Crème Frangipane (see p. 19) in a shallow fireproof dish, and over this put the apples. Fill the cored part of each apple with gooseberry jelly or jam, and cover each

entirely with Crème Frangipane. Cook in a moderate oven for 30 minutes. Ten minutes before serving, sprinkle with castor sugar.

### APPLE DUMPLINGS, BAKED

Surround the peeled and cored apples with short crust (see p. 123), bake in a moderate oven for 30 to 35 minutes and, when nearly done, glaze by brushing over lightly with water and sprinkling with brown sugar.

### APPLE DUMPLINGS, BOILED

Peel and core the apples, fill the cored cavity with sugar—either white or brown—and surround with suet pastry (see Suet Paste, p. 123). Tie each dumpling in the corner of a floured pudding cloth and boil for 40 to 45 minutes.

### APPLES, FRIED

Pare and core the apples and cut in round slices. Fry in deep fat to a light golden colour, drain, sprinkle with sugar and serve.

### APPLE SNOWBALLS

Allow 1 tablespoon of rice,  $\frac{1}{2}$  pint of milk, 1 clove and 1 teaspoon of moist sugar to each apple. Cook the rice in the milk till very soft. Pare and core the apples, fill the centre or cavity with sugar, cover with the rice and tie each in the corner of a pudding cloth. Simmer for 50 to 60 minutes. Unwrap and sprinkle freely with sugar.

### APRICOTS À LA CONDÉ

See Apples Condé, p. 44.

### BANANAS STUFFED WITH RAISINS AND SUGAR

Make a neat oblong incision on the top of the banana, remove some of the pulp, and fill with raisins and brown

sugar. Put on a buttered baking tin and brown in a moderate oven for 45 minutes, basting occasionally.

### BANANAS, FRIED

Peel the bananas and cut into 3 or 4 slices lengthwise. Sprinkle with sugar, dip in flour, coat with beaten egg, again dip in flour and fry to a light golden colour in clarified butter. Drain, sprinkle with castor sugar and serve.

### CHESTNUT CROQUETTES

Cook the shelled chestnuts in a light syrup, flavoured with vanilla, till tender. Set aside a few whole small chestnuts. Rub the remainder through a sieve, and to every  $\frac{1}{2}$  lb. of this purée add 2 yolks of egg and 1 oz. of sugar. When cold, divide into lumps the size of a small egg, shape into balls, enclosing a whole chestnut in each, dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with Apricot Sauce (see p. 17).

### RICE CROQUETTES

Prepare the rice as for Riz à l'Impératrice (see p. 38), shape, when cold, into the shape of apricots, pears, etc., and proceed as in foregoing recipe.

### RICE CROQUETTES WITH RAISINS

The same as preceding recipe, but adding 1 tablespoon of raisins to each  $\frac{1}{2}$  lb. of the rice mixture.

### SEMOLINA CROQUETTES

Boil  $\frac{1}{2}$  pint of milk with 2 ozs. of butter and sprinkle in 5 or 6 tablespoons of semolina, stirring well with a wooden spoon. When thick, add 6 ozs. of sugar and 2 ozs. of raisins. Work well, remove from the fire and spread the mixture on a buttered marble or dish. When cold, divide into small squares or rounds and proceed as foregoing

croquette recipes. Serve with a Raspberry sauce (see Fruit and Jam Sauces, p. 19.)

### CROÛTES AUX ABRICOTS

Cut either a savarin, brioche or other cake into oblong slices about 4 inches long and 2 to 2½ inches wide, and about ½ inch thick. Put on a baking tin, sprinkle with sugar and brown lightly in the oven. Garnish each croûte with Crème anglaise (see p. 18), over this place an apricot, previously cooked in syrup, and garnish with glacé cherries and candied angelica. Serve with Apricot sauce (see p. 17), flavoured with maraschino.

### CROÛTES AUX CERISES

The same as preceding recipe, but using cherries cooked in syrup. Garnish with angelica only.

### FRUIT CROÛTES

Prepare the slices of cake as in previous recipes. Arrange them on a dish alternately with slices of pineapple of the same size, cooked in syrup. On each croûte put, alternately, quartered apples and pears, cooked in syrup, and decorate with glacé cherries and chopped candied peel. Serve with Apricot sauce (see p. 17).

### CROÛTES AU MADÈRE

Garnish the croûtes with glacé and candied fruit, cut in dice, raisins, currants and sultanas, previously soaked in syrup, highly flavoured with Madeira.

### CROÛTES À LA NORMANDE

Cover the prepared croûtes with apples cooked as for Apple Charlotte (see p. 25) and garnish with slices of apple cooked in syrup.

### CROÛTES VICTORIA

Garnish the croûtes with glacé cherries and marrons glacés, left whole, and serve with an apricot sauce (see p. 17) flavoured with rum.

### CUSTARD, BOILED

See Crème anglaise and other custards in Cold Sweet Section, p. 18.

### CUSTARD, BAKED

See Crème renversée ou mouleés, in Cold Sweet Section, p. 27, or Custard, p. 27

### APPLE CUSTARD

Put a layer of apple pulp (cooked in the same manner as for Apple Charlotte, see p. 25) in a pie dish, cover with custard, then with whites of egg beaten to a stiff froth, sprinkle with castor sugar and bake in a moderate oven till the whites of egg begin to colour.

### CARAMEL CUSTARD

See Crème moulée au caramel, p. 27.

### CHOCOLATE CARAMEL

Add 1½ ozs. of chocolate, broken in small pieces, to every ½ pint of milk used for making the custard. Stir till quite smooth, and proceed as in recipes for custards.

### FRITTER BATTER FOR FRUIT

*Ingredients :* 3½ ozs. of flour, 6 tablespoons of beer or wine, 1 tablespoon of olive oil or clarified butter, 1 tablespoon of brandy (or whatever liqueur is preferred), 1 whole egg, about 3 tablespoons of lukewarm water, a pinch of salt, and a pinch of sugar.

*Method :* Mix the yolk of egg with the oil or butter, the

salt and sugar, and 2 tablespoons of beer. Put the flour, which should always be sifted, in an earthenware casserole (a round one) or in a salad bowl, and with the tips of the fingers or with a wooden spoon, make a hollow in the centre, and in this put the mixture of egg and oil, etc. Then very gradually, with a concentric movement, and using a wooden spoon, mix in the flour, adding the water and other liquids little by little. The batter must not be beaten or lifted with the spoon. It can be turned in any direction, always with a concentric movement, but neither too hard or too fast. The batter should be perfectly smooth, free from lumps, and of the consistency of thin cream. Cover the bowl and let stand in a warm place for 3 to 4 hours before using. Just before using, add the white of egg beaten to a stiff froth.

#### APPLE FRITTERS

Peel and core the apples and slice them or cut in dice. Put them in a basin and sprinkle with sugar and moisten with a little rum or brandy (optional). Dip in frying batter, (see p. 48), and fry in deep fat, putting in only 1 tablespoon at the time. Drain, and sprinkle with sugar.

#### APRICOT FRITTERS

Peel, quarter and stone the apricots. Proceed as in foregoing recipe.

#### BANANA FRITTERS

Peel the bananas and either cut in  $\frac{1}{2}$ -inch or 1-inch rounds, sprinkle with sugar, etc., and proceed as in making Apple Fritters (see above).

#### CHUROS

Put some *chou* paste (see p. 123), into a forcing bag or a piping machine used to ice cakes with an opening just under  $\frac{1}{2}$  inch wide. Drop the mixture with a circular movement



into a deep pan of very hot oil, making long spiral coils which curl up as they are cooked, and fry to a light golden colour. They swell out to about 1 inch in thickness. Drain and sprinkle with sugar.

### FRITTERS SOUFFLÉS OR PETS DE NONNE

*Ingredients :* For six people : a little less than 1 gill of cold water,  $\frac{1}{4}$  lb. of flour, 2 ozs. of butter, 3 large eggs or 4 small ones, a little sugar, a pinch of salt, flavouring according to taste—lemon, orange flower, or vanilla.

*Method :* Put the water in a saucepan with the butter, divided in small pieces, a pinch of salt and a little sugar. Bring to the boil on a quick fire, and as soon as the mixture bubbles remove from the fire, add all the flour, and stir vigorously with a wooden spoon till the paste is perfectly smooth. Replace the saucepan on the fire and turn the paste with the spoon till it begins to dry and no longer clings to the bottom of the pan. Remove the saucepan from the fire, and stir in the eggs, one at a time, making sure that each egg is well absorbed before adding the other. The paste should be well stirred and beaten in order that it should be light. Shape into small balls, no bigger than a walnut, either with the hand or with a spoon, and drop in a deep frying pan of boiling fat. Cook till the “beignets” are a golden colour, and have swelled to three times their original size. Roll in castor sugar and serve at once.

### PEACH FRITTERS

See Apricot Fritters, p. 49.

### PEAR FRITTERS

See Apple Fritters, p. 49.

### PINEAPPLE FRITTERS

Cut into large dice, sprinkle freely with sugar and kirsch

or maraschino (optional), and let stand for 1 hour. Proceed as in the making of other fritters.

### RASPBERRY FRITTERS

Sprinkle freely with sugar, let stand, and proceed as in the making of other fritters.

### STRAWBERRY FRITTERS

The same as preceding recipe. The fritters are greatly improved if the fruit is well sprinkled with maraschino or kirsch, as well as sugar.

### VIENNESE FRITTERS

Make a paste with  $\frac{1}{2}$  lb. of flour, 3 ozs. of butter, 3 eggs,  $\frac{1}{2}$  oz. of sugar,  $\frac{1}{2}$  oz. of yeast, a pinch of salt, and 3 table-spoons of milk. Work well, roll out to a thickness of  $\frac{1}{4}$  inch, cut into  $2\frac{1}{2}$ - to 3-inch rounds, place a little jam on each round, cover with a round of paste, pressing the edges down firmly, and let stand for  $\frac{1}{2}$  hour. Fry in deep fat to a light golden colour, drain, and sprinkle with sugar.

## SWEET OMELETS

### THE MAKING OF OMELETS

Omelets should be cooked in a special pan, with a rounded bottom, kept for the purpose. The pan should be thick, as an omelet will cook too quickly in a thin pan. The pan should be large if a number of eggs are used, so that the eggs will be thinly spread out. The pan should not be allowed to become scratched, as it will sometimes spoil the omelet. In some kitchens it is the custom never to wash an omelet pan, but merely to dry it with a dry cloth. By this

means the pan is kept slightly oiled and perfectly smooth. It is better not to make an omelet with many eggs, as it is difficult to mix a quantity of eggs quickly enough.

Break the eggs in a basin and mix with a fork. The yolks and the whites should be just blended, and on no account should be beaten to a froth. Season and mix in 2 teaspoons of unboiled milk or cream to each egg. Do not let the mixture stand, but use immediately. Put  $\frac{1}{3}$  oz. of butter to each egg in the pan on a brisk fire and see that the inside of the pan is coated all over, or else the eggs will stick. When the butter is hot and sizzling, pour the egg mixture in, stirring in a circular motion. When the eggs appear to thicken, stop stirring for a few seconds to allow the mixture to brown, and fold the omelet quickly in the pan and slide immediately on to a hot dish or plate. An omelet made with 4 eggs should not be cooked for more than 2 minutes. It should have the consistency of thick cream inside, while the outside should be just sufficiently set to allow folding.

### OMELET WITH JAM

Make the omelet as in the preceding recipe, and sweeten the mixture according to taste. When the omelet is made, spread a little jam over one side of it and fold. Sprinkle with sugar and serve very hot.

### OMELET WITH KIRSCH

The same as preceding recipe, but without jam. When made, fold the omelet, sprinkle with sugar, pour a little warm kirsch over it and set alight.

### SWEET OMELET WITH MINCEMEAT

Make the omelet as in preceding recipes. Fill with mincemeat (see Mincemeat for Mincepies, p. 101), fold, pour hot brandy over it, and set alight.

## OMELET WITH RUM

The same as omelet with kirsch, but using rum.

## OMELETTE SOUFFLÉE

Work  $\frac{1}{4}$  lb. of sugar in a basin with the yolks of 3 eggs, then add the whites of 4 eggs, beaten to a stiff froth, flavour the mixture to taste—with vanilla, lemon, brandy, etc. Pile the mixture on a buttered dish and put in a brisk oven till set. A few minutes before serving, sprinkle with sugar.

## PAIN PERDU OR "LOST BREAD"

Cut neat slices,  $\frac{1}{2}$  inch thick, from a stale loaf, and remove the crust. Moisten with sweetened milk, flavoured with vanilla, brush over with beaten yolk of egg, and fry to a golden colour in hot clarified butter. Drain and sprinkle with castor sugar.

## PANCAKES

Put  $\frac{1}{4}$  lb. of flour in a basin, make a well in the centre and break in 2 eggs. Add about 1 tablespoon of milk to the eggs, and stir with a wooden spoon. Work the flour in with the eggs gradually, and keep adding a little milk, also very gradually, till  $\frac{1}{2}$  pint has been used. Beat to a perfectly smooth batter, and stand for 1 hour before using. Beat up again, have ready a small omelet pan, greased with a little butter or fat, warm the pan, put a small quantity of the batter in it, and tilt it, so that the pan is evenly and thinly coated. Replace the pan on the fire and cook till one side begins to colour. Toss, or turn carefully with a fork, and cook the other side. To serve, roll up the pancake sprinkle with sugar, and a little lemon juice. Pancakes should be quite dry, thin and very light.

## PANCAKES WITH JAM

Make the pancakes as in preceding recipe, and before rolling them, spread with a thin layer of jam.

## PANCAKES WITH MACAROONS

Add  $1\frac{1}{2}$  ozs. of pounded macaroons to the mixture for Crêpes à la Parisienne (see p. 54).

## OATMEAL PANCAKES

Boil 1 pint of milk, and mix in  $\frac{1}{2}$  pint of oatmeal flour gradually, and stir continuously. Then remove from the fire and stir in 3 eggs, beaten up with a little sugar, and a pinch of salt and nutmeg. Proceed as in the making of ordinary pancakes. Serve with butter, flavoured with orange juice and sugar.

## SCOTCH PANCAKES

Mix 3 ozs. of flour with 2 tablespoons of cream, add the beaten yolks of 3 eggs, 1 tablespoon of sugar,  $\frac{1}{2}$  pint of cream, and beat thoroughly. Finally add the whites of egg, beaten to a froth. Cook as other pancakes, but without turning them, and pricking them lightly with a fork. Remove from the pan and brown lightly in front of a fire. Sprinkle with sugar.

## CRÊPES GIL-BLAS

Cream  $3\frac{1}{2}$  ozs. of butter and add the same quantity of sugar, and 1 teaspoon of nut butter, made by pounding 2 or 3 hazel nuts and working to a paste with a little less than 1 oz. of butter. Make the pancake batter in the same manner as indicated in Crêpes à la Parisienne, and before folding the pancakes, spread with the mixture.

## CRÊPES À LA PARISIENNE

*Ingredients :*  $\frac{1}{2}$  lb. of flour, 3 ozs. of sugar, 5 eggs, 8 tablespoons of cream, 1 tablespoon of brandy, a pinch of salt,  $1\frac{1}{2}$  ozs. of butter,  $\frac{1}{2}$  pint of milk, 4 ozs. of finely crushed macaroons.

*Method* : Put the flour, sugar and the pinch of salt in a terrine or a salad bowl, make a well in the centre, and put in the eggs, one at a time, mixing in the flour gradually with a wooden spoon. Then add the milk, to which the melted butter has been added gradually, and start beating the mixture. Finally, add the cream and the crushed macaroons. Let the mixture stand in the kitchen for at least 1 hour, and then add the brandy just before making the pancakes. Put a very small piece of butter in a small frying pan, and when hot put a little of the mixture into it, tipping the pan from side to side so that there is a thin and even layer all over the pan. Cook one side till done, then toss and do the other side. Fold, sprinkle with sugar, and serve very hot. Hot brandy is sometimes poured over the pancakes and set alight.

### CRÊPES SUZETTE

The same batter as Crêpes à la Parisienne, but omitting the macaroons and the brandy. Before folding, spread each pancake with equal parts of sugar and butter worked to a cream and flavoured with Curaçoa and tangerine juice. Fold the pancakes, sprinkle with sugar, pour hot Curaçoa over them and set alight.

### SOUFFLÉS

The proportions of ingredients for a soufflé sufficient for 4 people are as follows : 6 tablespoons of milk,  $\frac{1}{2}$  oz. of butter, 1 tablespoon of flour, the yolks of 2 eggs and the whites of 3. Boil the milk and the sugar and add the flour, diluted with a little cold milk, and cook for exactly 3 minutes. Remove from the fire and work in the 2 yolks of egg and the butter. When nearly cold, add the whites, beaten to a very stiff froth.

For a fruit soufflé the proportions are as follows :  $\frac{1}{2}$  lb. of sugar, 6 ozs. of fruit purée (made by rubbing either cooked

or uncooked fruit through a sieve (see p. 30 for fruit purées), and the whites of 5 eggs. Cook the sugar to the degree of Great Crack (see p. 22), remove from the fire, and at once stir in the fruit purée. Pour the mixture over the whites of eggs beaten to a very stiff froth, and mix lightly.

The soufflés are cooked in a buttered soufflé dish or in small individual soufflé dishes. Cook in a moderately hot oven, being careful not to open the oven door during the first 5 minutes, as cold air will prevent the mixture from rising. Cook for 20 to 25 minutes, regulating the heat if necessary, and 5 minutes before serving, sprinkle the top of the soufflé with a little sugar. Soufflés should be served as soon as they are done, and must be carefully watched and accurately timed. Serve in the soufflé dish.

### ALMOND SOUFFLÉ

The same as first soufflé recipe, given in preceding recipe, but using milk flavoured with almonds, and adding 2 ozs. of blanched almonds, very thinly sliced.

### BURNT ALMOND SOUFFLÉ

The same as preceding recipe, but using blanched and lightly browned almonds, finely chopped.

### APPLE SOUFFLÉ

Make an apple purée by rubbing cooked apples through a sieve and proceed as directed for the making of fruit soufflés (p. 55).

### APRICOT SOUFFLÉ

Same as preceding recipe, but with apricot purée and flavoured with a little kirsch or maraschino.

### BANANA SOUFFLÉ

Skin the bananas and rub through a sieve. Proceed as in the making of fruit soufflés (p. 55). The banana soufflé

mixture can also be put in the banana skins, if the bananas have been carefully peeled, and baked in the skins, instead of in a soufflé dish.

### CHOCOLATE SOUFFLÉ

The same as vanilla soufflé (see p. 57), but with 2 ozs. of melted chocolate to every 6 tablespoons of milk.

### CURAÇAO SOUFFLÉ

A plain soufflé mixture (see p. 55) flavoured with a little grated orange peel and a liqueur glass of curaçao to every 6 tablespoons of milk.

### LEMON SOUFFLÉ

The same as preceding recipe, but without the liqueur and flavoured with 1 tablespoon of lemon juice to every 6 of milk.

### JAVANESE SOUFFLÉ

The same as plain soufflé mixture (p. 55), but using 6 tablespoons of tea instead of milk, and adding 2 ozs. of finely chopped pistachio nuts.

### SOUFFLÉ PAULETTE

The same as Vanilla Soufflé (see p. 57), but adding 5 or 6 very small macaroons, previously soaked in kirsch. Serve with either strawberries or raspberries.

### STRAWBERRY SOUFFLÉ

See Fruit Soufflés (p. 55).

### VANILLA SOUFFLÉ

A plain soufflé mixture (see p. 18) flavoured with vanilla—1 teaspoon of vanilla essence to every 6 tablespoons of milk, or a small piece of grated vanilla pod added to the milk.



## SOUR MILK QUENELLES (Austrian)

*Ingredients* :  $\frac{1}{2}$  lb. of solid sour milk or cream,  $1\frac{1}{2}$  ozs. of butter, 2 eggs, 3 tablespoons of sugar, a pinch of salt, flour, butter, breadcrumbs.

*Method* : Cream the butter, then add the yolks, beating and mixing thoroughly. Mix in the sour milk or cream and the sugar. Finally add the whites of eggs beaten to a stiff froth. Add sufficient flour for the mixture to be firm enough to roll into small balls. Poach them in boiling water for 5 minutes. Have ready a frying pan with melted butter and breadcrumbs, put the quenelles in this, shake the pan, so that they will be evenly coated and slightly browned. Remove from the pan and sprinkle with sugar. The sugar in the mixture is often omitted and the quenelles are merely sprinkled with sugar when they are done.

## WAFFLES

Beat up 4 ozs. of flour with 6 ozs. of cream and  $\frac{1}{2}$  lb. of sugar. Mix till quite smooth and liquid. Have ready the hot and well-buttered or greased waffle irons, and pour a little of the mixture in the iron—only sufficient barely to cover the elevations. Close the iron and turn it over. Bake to a light golden colour on both sides or cook over a gas ring, turning the iron so as to brown both sides evenly. Remove from the waffle iron and keep hot while the others are being made. They can be eaten with either butter or sugar, or with both.

## AMERICAN WAFFLES

*Ingredients* :  $\frac{3}{4}$  of a lb. of flour, 1 pint of milk, 2 eggs,  $1\frac{1}{2}$  teaspoons of baking powder, 1 large tablespoon of butter, 1 teaspoon of salt.

*Method* : Mix the flour, baking powder and salt and sift. Put the milk in a saucepan and bring to the boil, and when nearly cold add the melted butter. Add the yolks of eggs

and the whites to the milk, both beaten separately, and add the flour gradually, making a light batter. Have the waffle irons thoroughly hot, brush them over carefully with a brush dipped in a little melted lard or butter. Pour the batter in a jug and pour sufficient on the waffle iron barely to cover the elevations. Close the iron and turn it over. Bake the waffle for 2 or 3 minutes till a light golden brown. Remove the waffle, put it in the oven to keep warm while the others are being made, and repeat the process till the batter is used up. Waffles are usually eaten with butter and maple syrup or with molasses.

### FLEMISH WAFFLES

Mix  $\frac{1}{4}$  lb. of flour in a basin with  $\frac{1}{2}$  oz. of yeast, dissolved in a little warm water. Work well and set to rise. Then work in  $\frac{3}{4}$  lb. of flour mixed with a pinch of salt and a pinch of sugar, with 8 whole eggs, slightly beaten, and  $\frac{1}{2}$  pint of cream boiled with 2 ozs. of butter. Let the mixture stand for  $2\frac{1}{2}$  hours in a warm place or in a cool oven. The batter should be somewhat liquid. Proceed as in previous recipes. Sprinkle with sugar and serve very hot.

### NORWEGIAN WAFFLES

The batter for these consists of 4 well-beaten eggs, 2 to 3 tablespoons of sugar,  $\frac{1}{2}$  lb. of flour and 1 pint of sour cream or milk, all beaten together till quite light. Cook as in preceding recipes.

## *Puddings*

### ALMA PUDDING

Cream 6 ozs. of castor sugar and 4 ozs. of butter, beat in 4 eggs and add 8 ozs. of flour, 2 ozs. of currants, 2 ozs. of sultanas, 1 teaspoonful of baking powder, and the grated

rind of 1 lemon. Pour the mixture into a well-buttered basin or mould, and steam for 2 hours. Serve with an appropriate sauce.

### BAKED ALMOND PUDDING

Cream 2 ozs. of butter and sugar, beat in 2 whole eggs, add 2 ozs. of ground almonds, 2 ozs. of either cakecrumbs or breadcrumbs, and finally  $\frac{1}{2}$  pint of warm milk. Beat well, put in a greased pie-dish, lined with puff-pastry, and bake in a hot oven for 20 to 30 minutes.

### ALMOND SOUFFLÉ PUDDING

Cream 4 ozs. of butter in a basin, add 4 ozs. of castor sugar and 4 ozs. of flour and gradually  $\frac{2}{3}$  pint of boiled milk of almonds (see Blancmange, p. 24). Boil this mixture, stirring it well. Put it over a quick fire and dry it as in the making of Chou paste (see p. 123). Remove from the fire, and thicken with the yolks of 5 eggs, then carefully mix in the 5 whites, beaten to a stiff froth. Pour into a buttered mould and cook till set, in a double saucepan. Crème Anglaise (see p. 18), or Zabaione (see p. 42), can be served with this.

### APPLE PUDDING, BAKED

Peel, core and slice thinly 5 or 6 sour apples, and cook till tender in a saucepan with a little butter, a few tablespoons of water, and a few tablespoons of sugar according to taste. Place them in a well-buttered pie-dish, thickly coated with breadcrumbs, cover with more breadcrumbs, dot with a few pats of butter, cover with greased paper, and bake in a moderate oven for about  $\frac{3}{4}$  hour.

### APPLE PUDDING, BOILED (1)

*Ingredients* : 6 ozs. of suet, 12 ozs. of flour, 1 teaspoon of baking powder, 2 lbs. of apples, 2 tablespoons of moist sugar, and 6 cloves (optional).

*Method* : Peel and core the apples and cut them into thick slices. Make a paste as directed for Suet Pastry or Crust (see p. 123). Roll out the pastry, leaving enough over to make a lid, and line a pudding basin, previously well greased. Put in half the fruit, then the sugar and the cloves, if used, then the rest of the fruit. Add  $\frac{1}{2}$  gill of cold water. Roll out the pastry for the lid, moisten the edges, and place on top. Join the edge of the pastry forming the lid to the edge of the pastry lining the basin. Trim with a knife. If the pudding is to be boiled, cover with a well-floured cloth, but if it is to be steamed, two folds of greased paper can be used. Cook from  $2\frac{1}{2}$  to 3 hours.

#### APPLE PUDDING (Boiled) (2)

Mix  $\frac{1}{4}$  lb. of chopped apples in a basin with  $\frac{1}{4}$  lb. of finely shredded suet,  $\frac{1}{4}$  lb. of breadcrumbs,  $\frac{1}{4}$  lb. of brown sugar, and add 2 well-beaten eggs, and a little milk to moisten—about 1 gill. Put in a pinch of salt and a little grated nutmeg. Let the mixture stand for about  $\frac{3}{4}$  hour, add a little more milk, and put in a greased basin. Steam for 2 to  $2\frac{1}{2}$  hours.

#### APRICOT, PUDDING, BAKED

Cook about 2 lbs. of apricots in a light syrup till soft. Boil 1 pint of milk, and pour it over  $\frac{3}{4}$  pint of fresh breadcrumbs and let stand for  $\frac{1}{2}$  hour. Rub the apricots through a sieve, add the juice of 1 lemon, 3 tablespoons of moist sugar, 1 glass of sherry (optional), 3 yolks and 1 white of egg, and mix well together. Line the edges of a pie-dish with short crust (see p. 123), decorating with fancy shapes. Add the milk and breadcrumbs to the rest of the ingredients, pour into the pie-dish and bake in a moderate oven until set. Whip the whites of egg, add 1 tablespoon of castor sugar, and when the pastry is three-quarters baked and the apricot mixture set, garnish the top with the beaten egg.

Sprinkle with more castor sugar and decorate with strips of crystallized apricot. Bake till the meringue is a pale fawn colour. Serve either hot or cold.

### AUSTRIAN PUDDING

Mix the yolks of 4 eggs and 2 ozs. of castor sugar in a basin to a cream, add 4 ozs. of cakecrumbs, 2 ozs. of ground almonds, 1 tablespoon of cream,  $\frac{1}{2}$  oz. of clarified butter, and lastly the whites of the eggs beaten to a stiff froth. Make a purée with 1 pint of raspberries and pour it into a buttered soufflé dish, cover with the rest of the ingredients, decorate with halved glacé cherries, and bake in a moderate oven for  $\frac{1}{2}$  hour. Serve hot.

### BACHELOR'S PUDDING

*Ingredients* :  $\frac{1}{4}$  lb. of chopped apples, the same of currants, the same of breadcrumbs, 3 whole eggs, 2 ozs. of sugar, 1 level teaspoon of baking powder, grated lemon rind to taste, a pinch of grated nutmeg.

*Method* : Put the chopped apples in a basin with the breadcrumbs, currants, sugar, lemon rind and nutmeg, and mix thoroughly. Then add the beaten eggs and work well together. Let stand for about  $\frac{1}{2}$  hour, stir in the baking powder, and moisten with a little milk. Put in a buttered basin and steam for 3 hours.

### BAKEWELL PUDDING

Put a good layer of apricot jam in a pie-dish. Beat well the yolks of 4 eggs and the whites of 2, add gradually 4 ozs. of castor sugar, and when well mixed add gradually 4 ozs. of clarified butter and a little flavouring to taste. Fill the dish two-thirds full, and bake in a moderate oven for nearly an hour.

### BANANA PUDDING

Cream 1 oz. of butter and 4 ozs. of castor sugar, beat in

the yolks of 3 eggs, one at a time, stir in 4 ozs. of flour, add  $\frac{1}{2}$  gill of milk or cream and 2 bananas thinly sliced. Whip the whites of the 3 eggs to a stiff froth, add them lightly to the rest of the ingredients and pour all into a well-buttered mould. Steam or bake for 1 to  $1\frac{1}{4}$  hours. Serve with a sweet sauce.

### BANANA PUDDING (American)

Line a baking dish with slices of stale cake, peel and slice 6 bananas, put a layer over the cake, then cover with a thin layer of custard. Cover with another layer of cake, then bananas, etc., till all the ingredients are used up, finishing with a covering of custard. Cover with paper, bake for  $\frac{1}{2}$  hour, brown slightly and serve cold.

### BARONESS PUDDING

Mix well together  $\frac{3}{4}$  lb. of flour,  $\frac{3}{4}$  lb. of suet,  $\frac{3}{4}$  lb. of stoned raisins and a saltspoonful of salt. Add  $\frac{1}{2}$  pint of milk, and stir well. Put into a well-greased basin and steam or boil for about 3 hours. Serve with an appropriate sweet sauce or with sugar.

### BATTER PUDDING (Sweet)

Make a thick, smooth batter with about 1 pint of milk, 4 heaped tablespoons of flour, 2 whole eggs and a little salt. Beat thoroughly and let it stand for at least 1 hour. Beat up once more, and pour into a pie-dish coated with hot dripping. Bake for about 30 minutes in a quick oven. This is sometimes served with jam or stewed fruit, or with butter and sugar, or just with sugar. Raisins, currants, or fresh or tinned fruits are sometimes added to it.

### BETSY PUDDING

Boil 2 pints of milk and pour it over 1 lb. of stale bread, cover and let it stand for  $\frac{1}{2}$  hour, then beat with a fork to

free it from lumps. Add 2 ozs. of finely chopped suet, 2 ozs. of sugar, 2 eggs, well beaten, and mix thoroughly. Put a layer of this mixture in a pie-dish and cover with a layer of jam or stewed fruit, then another layer of the mixture, etc., until the dish is full, the last covering being a thick layer of the mixture. Bake in a moderate oven for 1 hour, and serve hot.

### BREAD PUDDING

Put 3 ozs. of sugar and a pinch of salt in 1 pint of milk, and when boiling pour it over  $\frac{1}{2}$  lb. of finely grated bread-crumbs. Add 1 oz. of butter, cover with a plate, and let it stand for  $\frac{1}{2}$  hour. Then stir in 4 or 5 well-beaten eggs, a flavouring of nutmeg or lemon rind, sugar to taste and 1 glass of brandy (optional). Pour the mixture into a well-buttered mould or basin, which holds  $1\frac{1}{2}$  pints, so that the basin is quite full. Tie a paper and a cloth over, tightly. and boil for exactly 1 hour and 10 minutes. Candied peel and currants are sometimes added to this pudding.

### BREAD AND BUTTER PUDDING

*Ingredients :* A few slices of somewhat thin buttered bread, 2 or 3 eggs, 2 or 3 tablespoons of sugar, a few sultanas and raisins. Milk.

*Method :* Remove the crust from the bread and arrange the slices in layers in a buttered pie-dish, sprinkling raisins and sultanas between each layer. Beat the eggs with about 1 pint of milk and the sugar, and half fill the pie-dish with the mixture. Stand for about  $\frac{3}{4}$  hour and bake in a moderate oven for about 1 hour, till the top of the pudding is lightly browned.

### BROWN BREAD PUDDING

Mix together  $\frac{1}{2}$  lb. of stale brown breadcrumbs,  $\frac{1}{2}$  lb. of finely chopped suet,  $\frac{1}{2}$  lb. of currants, a good pinch of salt,

3 ozs. of sugar, a little grated nutmeg, 2 ozs. of candied peel, 2 well-beaten eggs and a glass of brandy. When well mixed, put into a basin, tie with a cloth and boil for  $3\frac{1}{2}$  hours. Serve with Port Wine sauce (see p. 20).

### CABINET PUDDING

A plain, well-buttered mould with straight sides is lined with thin strips of either sponge cakes or sponge fingers, the bottom being ornamented with crystallized cherries cut in half and strips of candied angelica. Over this are placed a few coarsely chopped sponge cakes or sponge fingers and a few ratafia biscuits. Make a custard with  $\frac{3}{4}$  pint of milk, the yolks of 4 eggs and the whites of 2, 1 tablespoon of sugar and a little vanilla essence. Pour this mixture into the mould, steam or bake slowly for 1 hour. Turn out carefully.

### CANARY PUDDING

This simple pudding is made by creaming 2 ozs. of butter with 3 of sugar, adding 2 eggs, and stirring in  $\frac{1}{4}$  lb. of flour, and 1 teaspoon of baking powder. The mixture is well beaten, and a little milk added gradually. When of the right consistency it will drop slowly from the spoon. Pour into a buttered mould, and steam for about 1 hour. Jam sauce (see p. 19) is usually served with this.

### CARAMEL PUDDING

Make a custard with the yolks of 4 eggs and the whites of 2 eggs,  $\frac{1}{2}$  pint of milk, 1 or 2 tablespoons of castor sugar, and a few drops of any liquid flavouring, according to taste. Make a light caramel with 2 ozs. of lump sugar and 2 tablespoons of water. When of a light golden colour, pour into a plain mould, turn the mould and tilt it so that it will be evenly coated with the caramel, strain the custard into it, and steam very slowly for about 40 minutes. Turn out



carefully and, if the caramel has been properly done and is not too thick, no other sauce will be required, as it runs when the pudding is turned out of the mould, and should be sufficient.

### CASTLE PUDDING

Weigh 4 eggs and take the same weight of flour, sugar and butter. Beat the 4 eggs until very light, add the sugar gradually and continue beating, next add the flour, also gradually, and, when thoroughly blended, pour in the butter, which should be slightly melted but not hot, in small quantities, beating it into the mixture before adding more. Season with a pinch of salt, and half a grated rind of a lemon or other flavouring. Pour the mixture into well-buttered cups or small moulds, and bake in the oven for 20 to 25 minutes. Serve with a wine or other appropriate sauce.

### CHERRY PUDDING, BAKED

Cook 1 lb. of stoned cherries in a light syrup with a small piece of cinnamon until tender, and allow them to cool. Heat 1 gill of cream and add to it 3 ozs. of flour which has been made into a smooth paste with about 2 tablespoons of milk, and boil. Add 2 ozs. of castor sugar and a good pinch of salt. Let it cool slightly and then beat in the yolks of 4 eggs, one at a time, add the grated rind of  $\frac{1}{2}$  lemon, and lastly the whites of egg beaten to a stiff froth. Put a layer of cherries in a well-buttered mould, cover with a layer of the mixture, and repeat until the mould is full. Cover with greased paper and bake in a moderate oven for about 40 minutes. Serve with a sweet sauce or syrup.

### CHERRY PUDDING, BOILED

See Boiled Fruit Puddings, in general (p. 70).

### CHERRY BREAD PUDDING

Pound  $\frac{1}{2}$  lb. of stoned cherries in a mortar, put the pulp in a small preserving pan with a gill of claret or port wine,

and 2 or 3 ozs. of sugar. Boil for about 5 minutes, removing the scum as it rises, then rub the whole through a sieve and pour into a fireproof dish. Cut 6 slices of the crumb of bread into the shape of eggs and fry to a light golden colour in clarified butter. Drain on a cloth or paper and arrange them in rows in the purée of cherries. Sprinkle with sugar, and put in a moderate oven for 10 minutes.

### CHESTNUT PUDDING

Boil about 30 chestnuts, and rub them through a sieve. Put them in a stew pan with  $\frac{1}{2}$  pint of milk (or cream), 2 ozs. of butter,  $\frac{1}{4}$  lb. of sugar, a pinch of salt, and a few drops of vanilla essence. Stir over the fire until the mixture thickens, being careful that it does not stick to the pan. Remove from the fire, add 4 yolks of egg and the whites beaten to a stiff froth. Pour into a buttered mould and steam for about  $1\frac{1}{4}$  hours. Turn out carefully and serve with Apricot sauce (see p. 17).

### CHOCOLATE PUDDING

Dissolve  $\frac{1}{4}$  lb. of chocolate in  $\frac{1}{2}$  pint of milk. Stir till quite smooth; remove from the fire and let stand till cool. Melt 2 ozs. of butter in a saucepan, gradually stir in the same quantity of flour, then add gradually the dissolved chocolate, stirring continuously and gradually bringing to the boil. Add 2 ozs. of either bread or cake crumbs, and stir till the mixture thickens. Remove from the fire, and, when slightly cool, beat in the yolks of 2 eggs and the whites beaten to a froth. Flavour with a little vanilla essence. Pour into either a well-buttered mould or pie-dish and bake for about  $\frac{3}{4}$  hour to 1 hour, or steam for a little longer. Custard or Vanilla sauce are served with this.

### COCONUT PUDDING (American)

Beat 2 eggs till very light, add  $\frac{1}{2}$  a cup of sugar gradually,

a little grated nutmeg, 1 cup of grated coconut, and 1 pint of boiled milk, which should be allowed to cool. Mix and beat all thoroughly, and put in a pie-dish lined with slightly baked pie crust. Bake in a moderate oven for about  $\frac{1}{2}$  hour.

### COLLEGE PUDDING

Mix  $\frac{1}{4}$  lb. of finely chopped suet in a basin with the same quantity of breadcrumbs, 2 ozs. of sultanas, 2 ozs. of raisins, a little ground cinnamon, cloves, nutmeg,  $\frac{1}{2}$  teaspoon of baking powder, and a pinch of salt. When thoroughly mixed, add 2 whole eggs, well beaten, pour into dariole moulds, and bake for about 25 to 30 minutes, or steam, allowing a little more time. Serve with wine sauce or brandy butter (see pp. 20, and 17).

### CORNFLOUR PUDDING

Mix 2 tablespoons of cornflour to a smooth paste with a little milk, and dilute with just under 1 pint of boiling milk, stirring continuously. Put the mixture back in a saucepan, and stir till it thickens. Remove from the fire and, when cool, add 1 or 2 tablespoons of sugar, the well-beaten yolks of 2 eggs, a pinch of salt, a little grated lemon rind, and stir for a few minutes over a very slow fire. Finally add, off the fire, the whites of eggs beaten to a stiff froth. Pour the mixture into a buttered pie-dish and bake in a moderate oven for about 30 to 35 minutes.

### CUMBERLAND PUDDING

Beat well 3 eggs and mix in 6 ozs. of flour, 4 ozs. of finely chopped suet, 6 ozs. of coarsely chopped apple, 4 ozs. of currants and season with a pinch of salt and nutmeg. When thoroughly mixed, put into a buttered basin and steam for 2 $\frac{1}{2}$  hours or boil for 2 hours. Serve with a hot sauce.

### CURATE'S PUDDING

Put a layer of rhubarb, pared and cut into short lengths, into a basin with a spoonful or two of brown sugar, cover with slices of bread, add another layer of rhubarb and sugar, and then bread until the basin is nearly full. Finish with a deep layer of fine breadcrumbs well mixed with sugar; pour over a little clarified butter, and bake in a quick oven for 30 or 40 minutes. Sliced apples make a good substitute for rhubarb.

### BLACK OR RED CURRANT PUDDING, BOILED

See Boiled Fruit Puddings, in general (p. 70).

### CURRANT PUDDING

Mix  $\frac{1}{2}$  lb. of currants,  $\frac{1}{2}$  lb. of finely chopped suet, 1 lb. of flour, together with a little milk to make a stiff batter. Boil the mixture gently, in a floured cloth for  $2\frac{1}{2}$  hours. Serve with slices of lemon, sugar and butter.

### DAMSON PUDDING, BOILED

Line a pudding basin as directed for Apple Pudding, Boiled (see p. 60), half fill it with damsons, and add 2 or more tablespoons of brown sugar and fill with the remainder of the fruit. Cover with the pastry lid as in apple pudding, and boil for  $2\frac{1}{2}$  to 3 hours.

### DATE PUDDING

Stone and chop finely  $\frac{1}{2}$  lb. of dates, mix with  $\frac{1}{2}$  lb. of finely chopped suet, 1 lb. of flour, and a pinch of salt. Moisten with either a little milk or water. Put into a well-greased basin and steam or boil for about  $2\frac{1}{2}$  to 3 hours.

### EVE'S PUDDING

Mix 6 ozs. of breadcrumbs with 6 ozs. of chopped apples, 6 ozs. of finely chopped suet, 6 ozs. of currants or sultanas.

Add the yolks of 4 eggs well beaten, 2 or 3 tablespoons of sugar to taste, and a little grated lemon rind. Tie in a greased basin and boil for about 3 hours.

### EXETER PUDDING

Mix 5 ozs. of breadcrumbs with  $3\frac{1}{2}$  ozs. of finely chopped suet, 2 ozs. of sago, 3 ozs. of brown sugar, 3 well-beaten eggs, 1 wine-glass of rum, and 2 or 3 tablespoons of cream or milk. Coat a well-buttered basin with breadcrumbs and cover the bottom with ratafias, put a layer of the mixture over, and then cover with slices of sponge cake, spread with jam, then add more ratafias, etc., the last layer being of the mixture. Bake in a moderate oven for 1 hour, and serve with a sauce made of black currants (see Sauces for Sweets, p. 17).

### FIG PUDDING

Mix  $\frac{1}{2}$  lb. of finely chopped figs in a basin with 6 ozs. of finely chopped suet,  $\frac{1}{4}$  lb. of flour,  $\frac{1}{4}$  lb. of breadcrumbs,  $\frac{1}{4}$  lb. of sugar, a pinch of salt, and a pinch of nutmeg. Add 2 beaten eggs, and moisten with about  $\frac{1}{2}$  pint of milk. Mix all thoroughly, put into a buttered or greased mould or basin, and steam for 3 to  $3\frac{1}{2}$  hours.

### BOILED FRUIT PUDDINGS, IN GENERAL

See Damson Pudding (p. 69). The following are usually used for these puddings, the amount of sugar depending on the sweetness of the fruit: bilberries, cherries, currants, gooseberries, greengages, plum and rhubarb.

### GENOESE PUDDING

Take 3 eggs and measure out an equivalent weight of flour, sugar and butter. Cream the butter and sugar, and continue beating, adding 1 egg at a time with a portion of the flour and a little lemon or vanilla essence. Butter and line a thin square tin with paper, pour the batter into it, and

put it in the oven. When set sufficiently to raise it from the paper, take it out. Spread with jam, roll it up and put it back in the oven till firm. Sprinkle with sugar and serve.

### GERMAN PUDDING

Cut into small pieces 6 ozs. of Genoa or other kind of cake, add the grated rind of 1 lemon, 2 ozs. of sweet almonds and 4 bitter almonds, pounded in a mortar, and 3 ozs. of sultanas. Mix together and add Crème Moulée au Caramel (see p. 27), and a glass of Madeira. Fill a well-buttered mould and steam for about 2 hours. Turn out and serve with Sauce with Nuts (see p. 43).

### GINGER PUDDING (1)

Mix 12 ozs. of flour with half the quantity of finely shredded suet, 1 teaspoon of ground ginger, 1 teaspoon of baking powder, and a pinch of salt. Then stir in gradually 12 ozs. of treacle and 1 gill of milk. When thoroughly mixed, put in a greased basin, cover with greased paper, and steam for 2 to 2½ hours. A sweet sauce is served with this.

### GINGER PUDDING (2)

Put ½ pint of milk, 2 ozs. of sugar, 2 ozs. of butter and a pinch of salt into a stewpan. As soon as they begin to simmer, take off the fire and add 6 ozs. of flour, stirring well. Put the pan back on the fire, stirring continuously. After about 5 minutes withdraw from the fire and add gradually 3 eggs, which have been mixed with a little of the hot mixture in a basin beforehand. Now add 4 ozs. of preserved ginger cut into small pieces and pour into a buttered mould. Steam for 1½ hours and serve with custard, flavoured with ginger.

### GOLDEN PUDDING

Mix 4 ozs. of breadcrumbs with 4 ozs. of finely chopped suet, 2 ozs. of sugar and a good pinch of salt. Beat up

2 eggs, add 4 ozs. of marmalade and a little milk, and stir this into the mixture. When well mixed put into a greased mould or basin, cover with greased paper, and steam for 2 to 2½ hours. Serve with marmalade sauce (see p. 20).

### GOOSEBERRY PUDDING, BOILED

See Boiled Fruit Puddings, in general (p. 70).

### GOOSEBERRY PUDDING, BAKED

Cook 1½ pints of gooseberries in a light syrup and rub them through a sieve. Add to the purée ½ pint of bread-crumbs, 1½ ozs. of butter, 2 ozs. of sugar, and 3 well-beaten eggs. Line the edge of a pie-dish with short crust and pour in the mixture. Bake for about 40 minutes, sprinkle well with sugar and serve hot.

### GREENGAGE PUDDING, BOILED

See Boiled Fruit Puddings, in general (p. 70).

### GROUND RICE PUDDING

Boil 1 pint of milk, sprinkle in 3 ozs. of ground rice, simmer for 20 to 25 minutes, and stir in 1 or 2 tablespoons of sugar, about 1 oz. of butter, and a flavouring of either vanilla or a bayleaf. Remove from the fire and, when slightly cool, add 2 beaten eggs. Put into a buttered pie-dish and bake in a moderate oven for about ½ hour or a little longer.

### HASTY PUDDING

This is an extremely simple, almost primitive kind of pudding, made by boiling milk, sprinkling in sufficient tapioca, sago or even flour, to thicken the milk, and stirring vigorously. Sugar is added, according to taste, the mixture is simmered for 10 minutes or so, and served with sugar and cream, treacle or jam.

## HUNTER PUDDING

Mix 12 ozs. of flour with 4 ozs. of finely chopped suet, 6 ozs. of stoned raisins, halved, 3 ozs. of sugar, a teaspoon of baking powder and a good pinch of salt, add  $\frac{1}{2}$  pint of milk, and stir to a paste. Shape the mixture into 1 or more rolls, tie, and boil in pudding cloths for about 2 hours.

## IRISH PUDDINGS

Take 1 egg and its weight in butter, sugar and flour. Beat this mixture well for nearly  $\frac{1}{4}$  hour, and flavour with a little lemon juice and grated lemon peel. Pour into small tins and bake for about 20 minutes.

## LEMON PUDDING, BAKED

Mix  $\frac{1}{2}$  pint of milk with 2 ozs. of crushed ratafias, 4 ozs. of castor sugar, 3 eggs, the juice of 2 lemons and the rinds grated on sugar,  $\frac{1}{2}$  a nutmeg grated, a little cinnamon and a pinch of salt. Whisk for about 10 minutes. Put a border of puff paste (see p. 120) around a buttered pie-dish, and pour in the mixture. Strew some chopped pistachio nuts on the top and bake for about  $\frac{1}{2}$  hour in a moderate oven. Sprinkle over some sugar and serve.

## LEMON PUDDING, BOILED

Mix 8 ozs. of breadcrumbs with 4 ozs. of finely chopped suet, 2 ozs. of flour, 4 ozs. of sugar, add the yolks of 2 eggs well beaten, and the juice and finely grated rinds of 2 lemons. Then add milk gradually until the mixture is stiff yet thoroughly moist. Put into a buttered basin and steam for about  $2\frac{1}{2}$  to 3 hours. Serve with custard.

## MADEIRA PUDDING

Cream 5 ozs. of butter, add to it  $\frac{1}{4}$  lb. of flour,  $\frac{1}{4}$  lb. of sugar, 4 beaten eggs, and  $\frac{1}{4}$  lb. of candied citron peel, cut into  $\frac{1}{2}$ -inch pieces. Beat well for 10 minutes. Butter a



mould or basin, put about 2 ozs. of citron in thin slices round the bottom and put in the mixture. Tie closely and boil in a large saucepan for  $1\frac{1}{2}$  hours. Turn out and sprinkle well with sugar and serve.

### MARMALADE PUDDING

Mix  $\frac{1}{2}$  lb. of finely minced suet with an equal quantity of breadcrumbs,  $\frac{1}{2}$  teaspoon of baking powder, and a pinch of salt. Beat up 2 eggs, and mix thoroughly with about 4 ozs. of marmalade. Add to the suet mixture, beat till light, and moisten with a little milk. Put in a buttered mould or basin, cover with greased paper and steam for  $2\frac{1}{2}$  to 3 hours. Serve with either a marmalade sauce (see p. 20) or another appropriate sauce.

### MOUSSELINE PUDDING

Cream 2 ozs. of butter with 2 ozs. of castor sugar in a basin and add the yolks of 3 eggs, one by one, stirring continuously, then stir in 1 oz. of flour and a few drops of vanilla essence. Lastly stir in lightly the whites of the eggs beaten to a stiff froth. Pour into a well-buttered charlotte mould, and put a buttered paper on top. Steam slowly for 1 to  $1\frac{1}{2}$  hours, and turn out. Serve with Zabaione (see p. 43), or a fruit sauce.

### NEWARK PUDDING

Soak a cup of fine breadcrumbs in milk, moisten 2 tablespoons of rice flour and mix both. Add the yolks of 5 eggs well beaten, then  $1\frac{1}{2}$  pints of milk, 2 tablespoons of melted butter,  $\frac{1}{2}$  teaspoon of bicarbonate of soda and flavour with a little vanilla. Butter a mould and ornament the base with about  $\frac{1}{2}$  lb. of glacé cherries or angelica. Put the mixture in the mould and bake for an hour, or steam for 2 hours. Serve with custard or a suitable sauce.

## NEWMARKET PUDDING

Slice 4 or 5 sponge cakes and place them in layers in a well-buttered mould, and between the layers put 2 ozs. of stoned raisins, cut in halves, 2 ozs. of mixed candied peel shredded, and 1 oz. of currants. Fill the mould with custard (see p. 27), and steam gently for 1 hour. Serve with a fruit sauce (see p. 19).

## NORMANDY PUDDING

Boil  $\frac{1}{2}$  lb. of rice in  $1\frac{1}{2}$  pints, or a little more, of water, until the rice is very soft and dry, stir in 2 ozs. of butter and 3 ozs. of sugar, and cook gently for a few minutes. Pour it out and let it cool for use. Have ready as many red currants as will fill a tart dish of moderate size and add to them 3 to 4 ozs. of sugar for each pint of the fruit used. Line the bottom and sides of a deep dish with part of the rice, add a thick layer of the fruit and sugar, then add more rice and fruit in alternate layers, finishing with a thick layer of rice which should be smoothed over with a knife and well sprinkled with sugar. Bake the pudding in a moderate oven for  $\frac{1}{2}$  hour, or longer if it is large.

## ORANGE PUDDING

This is made in the same manner as Lemon Pudding (see p. 73), but use the juice of 4 oranges and the rind of 3, as the taste is not as strong as that of lemons.

## PARADISE PUDDING

Mix together 3 ozs. of coarsely chopped apples, 3 ozs. of sugar, 4 ozs. of breadcrumbs, 3 ozs. of currants, 2 eggs, the grated rind of  $\frac{1}{2}$  a lemon, and flavour with a pinch of salt, a little nutmeg and a tablespoon of brandy. Put into a well-buttered mould and steam for 2 hours. Serve with custard or a sauce.

### PLUM PUDDING (1)

Mix 8 ozs. of moist sugar with 8 ozs. of finely chopped suet, 8 ozs. of sultanas, 8 ozs. of stoned raisins, halved, 4 ozs. of shredded mixed candied peel, 2 ozs. of almonds, blanched and shredded, the grated rind of 1 lemon, a salt-spoon of grated nutmeg, and  $\frac{1}{2}$  teaspoon of salt. Stir in 4 eggs well beaten,  $\frac{1}{2}$  pint of milk and a wineglass of brandy. Put the mixture into 2 well-buttered basins and steam for 5 or 6 hours. Serve with Brandy Butter or Senior Wrangler Sauce (see p. 17).

### PLUM PUDDING (2)

Mix 3 ozs. of flour with 3 ozs. of finely grated bread-crumbs, 6 ozs. of finely chopped suet, 6 ozs. of stoned raisins, 6 ozs. of currants, 4 ozs. of minced apples, 5 ozs. of sugar, 2 ozs. of candied orange peel,  $\frac{1}{2}$  teaspoon of nutmeg mixed with a little pounded mace and very little salt. Add 3 eggs well beaten and a wineglass of brandy, and mix thoroughly. Put in a greased basin and cover tightly with a cloth and boil for  $3\frac{1}{2}$  hours. Serve with Brandy Butter or Senior Wrangler Sauce (see p. 17).

### PLUM PUDDING, BOILED

See Boiled Fruit Puddings in General (p. 70).

### POPPED CORN PUDDING (American)

Put just under 1 lb. of popped corn in a basin, cover with  $1\frac{1}{2}$  pints of milk and let it stand for 1 hour. Beat up 3 eggs and  $3\frac{1}{2}$  ozs. of brown sugar, and add them to the corn and milk; add a pinch of salt and bake in a buttered dish in a moderate oven until the pudding is quite firm.

### POTATO PUDDING

Boil  $\frac{1}{2}$  lb. of potatoes and rub them through a sieve. Add 6 ozs. of clarified butter, 4 eggs well beaten, the juice and

grated rind of 1 lemon, 6 ozs. of castor sugar and a little brandy. Put some short crust around the edge of a pie-dish and put in the mixture. Bake for  $\frac{1}{2}$  hour. Sprinkle with sugar and serve.

### PRUNE PUDDING

Cream 6 ozs. of butter with 6 ozs. of sugar and then mix in 6 ozs. of brown breadcrumbs, the yolks of 3 eggs beaten up with a glass of sherry, a little grated lemon and orange peel, and a little chopped candied peel. When well mixed add the whites of egg beaten to a stiff froth. Line a basin or plain mould with stoned prunes, previously soaked and cooked till tender in a light syrup, pour in the mixture, and steam for 2 hours. Serve with an appropriate sauce.

### PUDDING À LA BRÉSILIENNE

Put a little less than  $\frac{1}{2}$  pint of milk in a thick saucepan with 2 or 3 strips of lemon peel and dissolve 3 ozs. of sugar in it. Bring to the boil and sprinkle in  $2\frac{1}{2}$  ozs. of tapioca, and add 2 ozs. of butter and a pinch of salt, stirring all the time. Cover the saucepan and put in a slow oven to cook for 25 minutes, or until the tapioca has swollen and absorbed all the milk. In the meantime, coat a mould with caramel (see p. 17). Add the beaten yolks of 4 eggs to the tapioca, little by little, stirring continuously. Then put the mixture in a basin and add the whites of egg beaten to a stiff froth, stirring lightly. Fill the mould  $\frac{3}{4}$  full with the mixture and place it in a saucepan of boiling water in a slow oven to simmer. After about 6 or 7 minutes it should start to rise. Cook for about 40 minutes. Serve with a suitable sauce.

### POUDING DIPLOMATE

Line the bottom of a buttered mould with pieces of candied fruit. Put a layer of Bavarois mixture (see p. 23), flavoured with a little vanilla, in the mould, and then a

layer of sponge fingers, soaked in kirsch and sprinkled with currants and raisins, previously soaked in tepid water and dotted with spoonfuls of apricot jam. Cover with another layer of Bavarois and more sponge fingers, etc., until the mould is full. Put in a cool place or on ice and turn out before serving.

### POUDING À LA MALAKOFF

Make a custard to which a little gelatine has been added (see p. 27). Make a purée of apples and a purée of pears (see p. 19). Butter a charlotte mould and put in a layer of cream about  $\frac{1}{2}$  inch thick, cover with a layer of sponge fingers, previously soaked in liqueur, and spread with a layer of the apple or pear purée, and sprinkle with blanched and sliced almonds, orange rind cut into dice and raisins soaked in syrup. Cover with more cream and sponge fingers, etc., until the mould is full. Put in a cool place or on ice. Serve with cold Zabaione (see p. 42).

### POUDING MEXICO

Beat the yolks of 2 large eggs in a basin with  $\frac{1}{4}$  lb. of sugar. Mix with it  $\frac{1}{4}$  lb. of melted chocolate,  $\frac{1}{4}$  lb. of butter beaten to a cream, and  $1\frac{3}{4}$  lbs. of flour. Lastly add the whites of the eggs beaten to a stiff froth. Put the mixture into a buttered charlotte mould and cook in a saucepan of boiling water in a slow oven for 45 minutes. Turn out when cold.

### POUDING À LA VIENNOISE

Put 8 ozs. of breadcrumbs in a basin with 1 oz. of sweet and  $\frac{1}{2}$  oz. of bitter almonds, pounded in a mortar, the rind of 1 lemon grated on sugar and 2 ozs. of sultanas. Mix well and add 1 small glass of Madeira, and when this has been absorbed cover with about 1 pint of caramel custard Crème Moulée au Caramel, (see p. 27). Decorate a buttered mould with candied orange peel and fill it with the mixture.

Steam the pudding for about  $1\frac{1}{2}$  hours, turn out and serve with custard poured over it.

### QUEEN PUDDING

Cream 3 ozs. of butter with 3 ozs. of castor sugar, then add 3 eggs, one at a time, beating well. Mix in 3 ozs. of flour and add 1 oz. of glacé cherries, chopped small, the juice and the grated rind of  $\frac{1}{2}$  a lemon and  $\frac{1}{2}$  teaspoon of baking powder. Put the mixture in buttered moulds and put in a moderate oven for about  $\frac{1}{2}$  hour. Turn out and serve with cherry sauce (see p. 17) or other suitable sauce.

### QUEEN MAB'S PUDDING

Put 4 or 5 blanched and crushed bitter almonds and the rind of a small lemon into 1 pint of milk and simmer until strongly flavoured. Almond essence or vanilla essence can be used instead of this. Then add a pinch of salt and  $\frac{3}{4}$  oz. gelatine. When dissolved strain through a cloth and put into a clean saucepan with  $4\frac{1}{2}$  ozs. of lump sugar and  $\frac{1}{2}$  pint of cream. Bring the mixture to the boil, remove from the fire and add the yolks of 6 eggs, well beaten, stirring continuously. Replace on the fire, but do not let it boil, and stir till it thickens. Pour it out and continue stirring until it is cool; then mix in it  $1\frac{1}{2}$  ozs. of candied citron, chopped small, and 2 ozs. of glacé cherries. Pour the mixture into a buttered mould and turn out when set. Serve with a fruit sauce (see p. 19).

Two or 3 ozs. of preserved ginger, cut in slices, may be substituted for the cherries, and 1 oz. of pistachio nuts, blanched and chopped, for the citron. The syrup from the ginger can be used as a sauce.

### RAISIN PUDDING

Mix 1 lb. of stoned raisins with 10 ozs. of finely chopped suet,  $\frac{3}{4}$  lb. of flour, a pinch of salt and the grated rind of a

lemon, 4 large eggs, beaten, and as much milk as is required to make the mixture into a thick batter. Put into a buttered basin and bake for  $1\frac{1}{2}$  hours. Sugar is not added to the mixture, as it tends to make it heavy, but sprinkle liberally with sugar or serve separately.

### RASPBERRY PUDDING, BAKED

Cream  $\frac{1}{4}$  lb. of butter and  $\frac{1}{4}$  lb. of sugar, beat in 3 eggs one at a time and add  $\frac{1}{2}$  lb. of breadcrumbs. Butter a mould and coat the inside with brown breadcrumbs, put a layer of the mixture at the bottom and cover thickly with raspberry jam, taking care that it does not touch the sides. Add more of the mixture and the jam until the mould is full, the last layer being of the mixture. Bake in a moderate oven for 1 to  $1\frac{1}{2}$  hours. Serve with custard or other appropriate sauce.

### RASPBERRY PUDDING, BOILED

See Boiled Fruit Puddings in General (p. 70).

### RASPBERRY AND RED CURRANT PUDDING, BOILED

See Boiled Fruit Puddings in General (p. 70). Use equal quantities of both fruits.

### RHUBARB PUDDING, BOILED

See Boiled Fruit Puddings in General (p. 70).

### RICE PUDDING

*Ingredients* : 3 tablespoons of rice, 1 pint of milk, 2 tablespoons of sugar, a pinch of salt, vanilla or other flavouring.

*Method* : Put the rice, which should be well washed, in a buttered pie-dish, add the milk and sugar and the pinch of

salt. Bake in a slow oven for  $1\frac{1}{2}$  to 2 hours, till the top of the pudding is lightly browned.

The addition of 2 or 3 eggs beaten up with the milk is a great improvement, and many people add a bayleaf as a flavouring to rice pudding.

### ROLY-POLY PUDDING

*Ingredients* :  $\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of suet, jam, 2 saltspoons of baking powder, a pinch of salt.

*Method* : Chop the suet finely and mix in a basin with the flour, salt, baking powder and a little cold water. Put on a floured board and roll out to a sheet of about  $\frac{1}{4}$  of an inch thick. Spread with a thin layer of jam, moisten the edges, roll lightly in the shape of a long sausage, press down the edges so as to seal thoroughly, wrap in a pudding cloth, tying the ends with string, and boil for about  $1\frac{1}{2}$  hours. The pudding is sometimes baked for about  $\frac{3}{4}$  of an hour or a little longer in a fairly brisk oven.

### SAGO OR TAPIOCA PUDDINGS

*Ingredients* : 2 tablespoons of sago or tapioca, 1 pint of milk, 2 tablespoons of sugar, 1 or 2 eggs, a pinch of salt, a little grated nutmeg (optional).

*Method* : Put the milk in a saucepan, bring to the boil and sprinkle in the sago or tapioca, stirring occasionally and simmering till clear. Add the sugar and salt. Remove from the fire and, when cool, mix in the eggs, well beaten. Pour the mixture into a buttered pie-dish and bake in a moderate oven for about  $\frac{1}{2}$  an hour.

### SAXON PUDDING (1)

Cream 4 ozs. of butter with 4 ozs. of castor sugar. Add 4 ozs. of flour and about  $\frac{3}{8}$  pint of boiled milk. Mix thoroughly and bring to the boil, stirring all the while until the mixture is easily detached from the side of the pan.



Remove from the fire and mix in 3 eggs, one at a time. When cool, lightly mix in the whites, beaten to a stiff froth. Pour into buttered moulds and put in boiling water in a saucepan in the oven until set. Serve with custard or Zabaione (see p. 43).

### SAXON PUDDING (2)

Butter a charlotte mould and decorate the bottom with glacé cherries, cut in halves, and strips of angelica, and sprinkle the sides well with almonds which have been blanched, peeled, shredded and browned in the oven. Fill the mould with alternate layers of slices of sponge cake, pieces of macaroon and ratafias. Beat 4 eggs well, add  $\frac{1}{2}$  pint of milk,  $\frac{1}{4}$  pint of cream, 1 glass of sherry and a few drops of vanilla essence. Pour this mixture into the mould, cover with buttered paper and let it stand for about an hour. Steam for  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours and serve with a fruit sauce (see p. 19), or serve cold with whipped cream.

### SEMOLINA PUDDING

Sprinkle 3 large tablespoons of semolina in  $1\frac{1}{2}$  pints of boiling milk, stirring all the while, cook for 10 minutes, remove from the fire and add 2 ozs. of butter and  $3\frac{1}{2}$  ozs. of castor sugar. Next stir in the grated rind of 1 lemon and the yolks of 3 eggs, and lastly the stiffly beaten whites. Pour the mixture into a buttered dish and bake in a moderate oven for  $\frac{1}{2}$  hour. Other flavourings may be used, such as a little cinnamon or a bayleaf, which is put in the milk and removed when the semolina is cooked.

### SEMMEL PUDDING (a German Bread Pudding)

Cream 4 ozs. of butter and add the yolks of 3 large eggs or 4 small ones, one at a time. Rub the peel of  $\frac{1}{2}$  a lemon into 8 ozs. of sugar, pound it and add it to the butter and eggs. Add the juice of 1 lemon, 1 oz. of pounded almonds,

a little mixed spice, a spoonful of rum and a few pieces of finely sliced candied peel. When well mixed add 12 ozs. of fine breadcrumbs (the crumbs of German white rolls, or "semmel") and 1 pint of milk, very gradually. Lastly add the whites of egg, well beaten to a stiff froth. Sprinkle grated bread into a well buttered mould, put in the mixture and bake for 1 hour. Turn out and serve with a fruit sauce (see p. 19).

### SNOWDON PUDDING

Decorate the sides and bottom of a well-buttered mould with fine raisins split open and stoned, but not divided, pressing the cut side on the butter to make them adhere. Mix  $\frac{1}{2}$  lb. of very finely-chopped suet in a basin with  $\frac{1}{2}$  lb. of breadcrumbs,  $1\frac{1}{2}$  ozs. of rice flour, and 6 ozs. of lemon or orange marmalade. Then add 6 ozs. of pale brown sugar, 6 well-beaten eggs, and the grated rinds of 2 lemons. Beat till all the ingredients are thoroughly mixed, pour into a mould, cover with buttered paper and a floured cloth, and boil for  $1\frac{1}{2}$  hours. Some kind of sweet pudding sauce is usually poured over it.

### SPONGECAKE PUDDING

Slice 3 sponge cakes thinly and place them in a well-buttered pie-dish, sprinkle them with candied peel, cut into thin strips, or cover with jam. Sprinkle with a little brandy and pour over about a pint of warm custard (see p. 27) flavoured with lemon or other flavouring. Cover and let it stand for an hour, then bake it in a slow oven for 30 to 35 minutes.

### "SPOTTED DICK"

This popular version of plain suet pudding gets its name from the fact of having currants added to it, thus giving it a spotted appearance. It is made in the same way as Suet

Pudding (see below), but with the addition of 6 ozs. of currants.

### STAFFORDSHIRE YEOMANRY PUDDING

Line a buttered pie-dish with rich crust, cover with a layer of either apricot or raspberry jam, and pour the following mixture into it: Cream 6 ozs. of butter with 6 ozs. of sugar, add  $\frac{3}{4}$  oz. of sweet almonds, and 2 or 3 bitter almonds, previously blanched and pounded (1 oz. of ground almonds may be used instead), mix in gradually the yolks of 4 eggs and the whites of 2, and beat all thoroughly. Pour into the pie-dish and bake for  $\frac{1}{4}$  hour in a quick oven at first, and then in a moderate one, for about 1 hour. This can be eaten either hot or cold.

### SUET PUDDING

*Ingredients:* 1 lb. of flour,  $\frac{1}{2}$  lb. of finely chopped suet, 1 $\frac{1}{2}$  teaspoons of baking powder, a good pinch of salt, a little cold water.

*Method:* Make a stiff paste with the flour, chopped suet, salt, baking powder and water. Shape into a roll or sausage, tie up in a pudding cloth, fastening the ends with string, and put in boiling water. Simmer for about 2 $\frac{1}{2}$  hours. The accompaniment to this is usually treacle, jam or stewed fruit.

### SUMMER PUDDING

Line a basin with slices of bread about  $\frac{1}{2}$  inch thick, put a layer of stewed raspberries (see p. 40), sprinkled with sugar, on the slices at the bottom of the basin and cover with another layer of bread. Repeat until the basin is full, the last layer being of bread. Cover with a plate and put a weight on the top. Let stand in a cool place or on ice for 12 hours. When turned out the pudding should be very moist. Pour raspberry juice over it if at all dry.

## SWEET POTATO PUDDING (New Orleans)

*Ingredients :* 4 or 5 baked or boiled sweet potatoes, 3 eggs, 2 cups of sugar, 2 tablespoons of butter,  $\frac{1}{2}$  pint or a little over of milk, a pinch of salt,  $\frac{1}{2}$  teaspoon of black pepper.

*Method :* Peel the sweet potatoes and rub them through a sieve into a basin. Add the yolks of eggs and mix well, then add the sugar, the butter, the milk, and finally the whites beaten to a froth. Season with a pinch of salt and the pepper, stir all the ingredients together thoroughly to a smooth paste—the paste should be light and almost liquid—pour it into a pie-dish and bake in a moderate oven for 1 hour, till well browned.

## A THANKSGIVING PUDDING (American)

*Ingredients :* 3 ozs. of chopped suet, 3 or 4 slices of stale bread soaked in milk, 6 ozs. of finely chopped figs,  $\frac{1}{2}$  lb. of brown sugar, 2 ozs. of stoned raisins, 2 ozs. of flour, 12 chopped walnuts, 4 eggs, nutmeg and cinnamon, to taste,  $1\frac{1}{2}$  teaspoons of baking powder.

*Method :* Work the suet to a smooth paste, mix with the bread, previously soaked in milk, the finely chopped figs and all the other ingredients, and mix thoroughly and beat for 20 minutes or longer. Steam for  $2\frac{1}{2}$  to 3 hours. Any kind of hot pudding sauce can be served with this, according to taste.

## TIPSY PUDDINGS

Cream 3 ozs. of sugar with 3 ozs. of butter, work in 3 ozs. of flour lightly, and add 3 eggs. Mix all thoroughly, and put in well-buttered small cake tins or dariole moulds, coated with castor sugar, filling them only three-quarters full. Bake in a moderate oven till they have risen and are lightly coloured. When done, sprinkle freely with rum or brandy, and with castor sugar.

## TREACLE PUDDING

Make a stiff paste with 1 lb. of flour,  $\frac{1}{2}$  lb. of finely-chopped suet, 1 teaspoon of baking powder, a pinch of salt and a little water. Roll out and divide in half. Line a pudding basin with one half, keep sufficient of the other to make a cover, and roll out the remaining paste very thinly. Put a thin layer of treacle in the basin, sprinkle with bread-crumbs and grated lemon rind, cover with a thin layer of paste, and repeat in the same order till the basin is full. Cover closely with the lid of paste, moistening the edges and pressing them down firmly. Tie greased paper over the basin and steam for  $2\frac{1}{2}$  to 3 hours.

## WEST RIDING PUDDING

Cream 2 ozs. of butter with 3 ozs. of castor sugar and add 2 eggs, one at a time. Beat well and stir in 1 teaspoon of baking powder and 4 ozs. of flour. Add sufficient milk, gradually, so that the mixture drops readily from the spoon. Line the edge of a pie-dish with short crust (see p. 122), and decorate the edge with the crust, cut out in fancy small shapes, such as leaves overlapping each other. Put a thick layer of jam at the bottom of the dish, pour in the mixture and bake in a moderate oven for 1 to  $1\frac{1}{4}$  hours. Serve either hot or cold with sugar sprinkled over.

## WINDSOR PUDDING

Boil 1 oz. of rice in a little milk till quite tender and drain well. Make an apple purée (see Fruit Purées, p. 19) and add the rice, 1 teaspoon of lemon juice, and  $\frac{1}{2}$  teaspoon of grated lemon rind. Now lightly mix in the whites of 4 eggs, beaten to a stiff froth. Put the mixture into a buttered basin and steam very gently for about 40 minutes. Serve with a custard,

# Pastry Entremets or Sweets

## APPLE DUMPLINGS

See Apple Dumplings, Hot Sweets section, p. 45. They can also be made with puff pastry instead of short crust or suet pastry.

## APPLE OR FRUIT TURNOVERS

These consist of short crust or puff pastry, rolled out thinly, and cut in 4-inch rounds. A little stewed fruit or jam is placed in the centre of each, the pastry is carefully folded over on three sides, so as to form a triangle, and the edges moistened and well pressed together. Moisten lightly with a wet brush, sprinkle with a little castor sugar, and bake in a moderate oven for about 20 minutes, or till lightly coloured.

## APRICOT PUFFS

Roll out some puff pastry (see p. 120) very thinly and cut into strips 4 inches in length and 1 inch wide. Spread with apricot jam, cover with a strip of pastry and bake in a quick oven for 15 to 20 minutes, till lightly coloured. Sprinkle with sugar 5 minutes before removing from the oven.

## AUSTRIAN DALKEN

*Ingredients* : 6 ozs. of flour, 4 eggs, 2 tablespoons of castor sugar,  $\frac{3}{4}$  pint of milk, a pinch of salt, butter.

*Method* : Work all the ingredients thoroughly together in a basin with a wooden spoon, and add the milk gradually. Let it stand for 15 minutes. Butter some small moulds usually used for poaching eggs, and put 2 tablespoons of the mixture in each. (Do not put any water in the pan containing the moulds.) Place in a moderate oven. The batter rises, and as it does so the edges curve inwards towards the

centre owing to the rounded sides of these particular moulds, thus forming little tartlets. When the under part is browned and the tartlet is well shaped, turn and slightly brown the upper part. When done, they are filled with apricot or greengage jam and fresh cream.

### BABA AU RHUM

The batter is the same as that of the Savarin (see p. 120), but with the addition of  $2\frac{1}{2}$  ozs. of raisins and sultanas. It is baked in a Turk's head mould and sprinkled freely, while still hot, with a light syrup well flavoured with rum.

### CALISSENS D'AIX

Pound 1 lb. of blanched almonds with 1 lb. of sugar, rub through a sieve and dilute with 3 or 4 tablespoons of a light syrup flavoured with apricot. Put the mixture in a saucepan and stir over a brisk fire till it begins to dry and to leave the sides of the pan. Spread the paste on pieces of rice paper, coat with Royal Icing (see p. 124), cut out in 3-inch long oval shapes and cook in a moderate oven for 8 to 10 minutes only.

### ALMOND CHEESECAKES

Beat 1 whole egg and the yolk of 1 with 2 teaspoons of cornflour till quite smooth. Add 4 ozs. of castor sugar, 4 ozs. of ground almonds, and  $\frac{1}{2}$  oz. of melted butter. Line 10 pâté cases with puff pastry (see p. 120), put in 1 teaspoon of jam in each, and fill with the almond mixture. Bake for 20 to 25 minutes in a moderate oven.

### APPLE CHEESECAKES

Fill the partially cooked pâtés with a purée of apples (see p. 19), cover with a tablespoon of meringue (see p. 20), and bake in a brisk oven till the meringue is slightly coloured.

## FOLKESTONE CHEESECAKES

Simmer 3 ozs. of ground rice in 1 pint of milk for 30 minutes, and add 2 ozs. of butter, 4 ozs. of sugar, a few strips of lemon rind, and 2 whole eggs. Stir over a slow fire till the mixture begins to thicken and remove from the fire. Proceed as in foregoing recipes for Cheesecakes, sprinkling each cheesecake with currants and baking for 20 to 25 minutes.

## LEMON CHEESECAKES

Put 2 ozs. of butter in a saucepan with  $\frac{1}{2}$  lb. of castor sugar, the juice of  $1\frac{1}{2}$  lemons, and the finely grated rind of 1 lemon. Stir on a very slow fire till the sugar is quite dissolved. Add the yolks of 2 eggs, and stir continuously till the mixture thickens. Remove from the fire and, when cool, add the whites of eggs, stiffly beaten. Line patty-tins with short crust, fill with a little of the mixture, and bake in a moderate oven for about 20 minutes.

## ORANGE CHEESECAKES

The same as preceding recipe, using the juice of 3 oranges, instead of lemon juice.

## CHOCOLATE ÉCLAIRS

For the paste, see Chou Paste, p. 123. Put on a baking tin in 4-inch lengths and 1 inch wide, or use the special éclair moulds. Put in a moderate oven and bake for 25 to 30 minutes to a light golden colour. When quite cold, carefully open one side and fill with Crème Patissière or with Chantilly Cream (see pp. 19, 25), and ice with chocolate icing (see p. 124).

## CHOUX À LA CRÈME

Chou paste (see p. 124) shaped into small balls. Proceed as in foregoing recipe. These are not, as a rule, iced.



## CLAFOUTIS

Put 3 tablespoons of flour in a basin with a pinch of salt and mix with 3 whole eggs. Work in gradually  $\frac{1}{2}$  pint of milk, and add 3 tablespoons of sugar. Fill a fireproof dish with black cherries, cover with the mixture, and set in a brisk oven for about 15 minutes. Sprinkle with sugar and serve.

## CONDÉ CAKES

Mix 6 ozs. of blanched and finely chopped almonds with 4 ozs. of sugar, 1 or 2 strips of chopped lemon rind and the white of an egg. Place a little of the mixture on thin rounds, ovals or crescents of puff pastry, sprinkle with sugar and bake in a quick oven to a light golden colour.

## CUPIDS' WELLS

Roll some puff pastry (see p. 120) very thinly and cut into  $2\frac{1}{2}$ - to 3-inch rounds with a fluted cake-cutter. Cut out the same number of rounds but slightly smaller, and remove the middle part. Lay the smaller rounds over the larger ones, damping the edges and pressing down, and bake in a quick oven to a light colour, dredging with sugar a few minutes before removing from the oven. Fill each with glacé cherries or compôte of cherries or a little cherry jam.

## DARIOLES

Line dariole moulds with puff pastry and fill with the following mixture : Mix 1 oz. of flour with 2 ozs. of castor sugar, 1 oz. of pounded ratafia biscuits, 1 whole egg and 2 yolks, and add 1 gill of cream. Bake in a moderate oven and, when lightly coloured, sprinkle with sugar.

## DUMPLINGS WITH PLUMS (German)

*Ingredients* : 1 lb. of flour, 1½ ozs. of yeast, a little chopped lemon peel, 1 oz. of sugar, 2 whole eggs, 4 yolks of egg, milk, ¼ lb. of warm butter, 2 lbs. of plums, ¼ lb. of sugar, 1 glass of white wine, ¼ lb. of butter.

*Method* : Mix in the yeast with a little warm milk, and let stand for 15 to 20 minutes. Put the flour in a basin, add the yeast, and all the other ingredients, working and mixing thoroughly with a wooden spoon till quite light. Sprinkle with flour, cover with a cloth, and let rise. Cook the plums in a syrup made with the sugar and wine, and when done, remove them carefully with a skimmer from the saucepan. Flour a board and, with the hands, roll out the pastry to the shape of a thick sausage. Take lumps from this and shape into small balls. Cook these in the plum syrup, to which ¼ lb. of butter has been added. Cover the saucepan and simmer, without uncovering for 10 minutes. Then put the dumplings in a fireproof dish, well buttered, with a little milk, and put in the oven for 20 minutes till the milk has been absorbed. Arrange the dumplings in the middle of a dish and put the plums all around the dish with a little syrup.

## FLAN OF APPLES

Line a flan tin or paste ring with a thin layer of short crust and cover with thin and neat slices of apples, arranging them in neat rows, slightly overlapping each other. Moisten with a little light syrup, sprinkle with sugar, and bake in a moderate oven for 30 to 35 minutes.

## FLAN OF APPLES WITH MERINGUE

The same as preceding recipe, but cover with a layer of meringue (see p. 20).

### FLAN OF APPLES NINON

Fill the flan with a purée of apples (see Fruit Purées, p. 19), and garnish with neatly quartered apples. Moisten with syrup and bake.

### FLAN OF APPLES WITH RICE

Cover the flan with a layer of rice prepared and cooked as in recipe for Riz à l'Impératrice (see p. 38), and over this put a purée of apples (see p. 19). Bake and sprinkle with sugar when done.

### FLAN OF APRICOTS

The same as Flan of Apples (see p. 91). Cover with a little apricot purée (see Fruit Purées, p. 30). The apricots are left whole, but stoned.

### FLAN OF PLUMS

The same as preceding recipe, but the plums are either left whole and stoned or cut in half.

### FLAN OF STRAWBERRIES

The pastry for this is baked before the fruit is added. Remove the stalks from the strawberries and cover the whole of the pastry with the fruit, sprinkle with sugar, moisten with syrup, preferably flavoured with some liqueur, such as kirsch or maraschino, and put in the oven for 15 to 20 minutes.

### FLORENTINES

Roll out 6 ozs. of puff pastry to a thickness of  $\frac{1}{4}$  inch and put on a baking tin. Cover with a thick layer of greengage jam, and bake in a moderate oven till the pastry begins to

colour. Remove from the oven, coat with meringue (see p. 34), sprinkle with shredded pistachio nuts and sugar, and set in the oven to brown lightly. Remove from the oven, stand till cool, and with a cutter or a knife cut in oblong or diamond shapes.

### FLORENTINE TART

Line a tart plate or tin with puff pastry and cover with the following mixture : Blanch  $\frac{1}{2}$  lb. of almonds and chop them finely. Mix with 4 beaten eggs, 1 gill of cream, 1 wineglass of brandy, 2 tablespoons of currants, 3 ozs. of clarified butter, 3 or 4 tablespoons of sugar, and a little cinnamon and nutmeg. Cover with a lid of puff pastry, pressing down and moistening the edges, and bake in a quick oven till lightly coloured.

### APPLE FLORY

Line a tart tin or plate with puff pastry, cover with sliced apples and marmalade, flavour with cinnamon, cover with puff pastry and bake as in preceding recipe.

### PRUNE FLORY

Proceed as in foregoing recipe, but using prunes, previously soaked, and then cooked in a light syrup till tender.

### FLUTED ROLLS

Roll out some puff pastry to  $\frac{1}{4}$  inch in thickness. Stamp out with a 2-inch fluted cake-cutter, roll up each of these little rounds, moisten with water, sprinkle with sugar, and bake in a moderate oven till lightly browned.

## HONEY FINGERS

Make a firm and smooth paste with  $\frac{1}{2}$  lb. of flour, 2 eggs, 3 ozs. of sugar, and a flavouring of vanilla essence. Roll out to about  $\frac{1}{8}$  inch in thickness and cut into finger shapes and lengths. Fry in boiling oil to a golden colour, and at once dip each in a plate of honey, coating equally on all sides. They can be eaten either hot or cold.

## “LOCKSMITH’S BOYS”

*Ingredients* : Large dried plums, blanched almonds, a dough made with flour, eggs, sugar and white wine (quantities according to number of plums) and a pinch of salt. Castor sugar mixed with grated chocolate.

*Method* : The plums should be soaked for about 12 hours, and boiled till soft. The stone is removed and a blanched almond is put in its place. Each plum is surrounded by dough and they are baked in butter till a good colour and, while still hot, are rolled in the sugar and grated chocolate.

## LANGUES DE CHAT

To make 5 dozen langues de chat, the ingredients are as follows :  $3\frac{1}{2}$  ozs. of flour, 3 ozs. of icing sugar, 3 ozs. of butter, 2 whites of egg, vanilla flavouring. Sift the flour and mix with the sugar and sift once more. Work the butter to a cream, and lightly stir in the mixed flour and sugar, and lastly the whites of egg beaten to a stiff froth. Have ready a buttered baking tin, and with a piping machine, used for the icing of cakes, force the paste out into thin little sticks or lengths, about 3 inches in length, leaving an inch space between each as they spread when baked. Put in a brisk oven for 7 to 8 minutes only, and remove as soon

as the edges begin to colour. Remove from the baking tin at once with the blade of a knife.

### MARIGOLDS

Roll out some puff pastry very thinly and stamp out rounds with a 2-inch fluted cake-cutter. Place on a baking sheet. Brush over with a damp brush, and in the centre of each round put a small  $\frac{1}{2}$ -inch round of pastry, pressing it down. Arrange some blanched almonds, cut in thin strips around this centre ring, in a slanting direction and very close together, so as to resemble petals of the marigold. Press the almonds lightly into the paste, sprinkle with sugar, and bake in a moderate oven till lightly coloured.

### MILLEFEUILLE

Put a very thin layer of puff pastry on a thick round baking sheet, brush over with white of egg and prick with a fork to prevent its rising too much. Bake in a moderate oven till lightly coloured. Remove from the oven and bake 6 or 8 more rounds of puff pastry in the same manner. When done, coat the first layer of pastry with a layer of royal icing (see p. 124), cover with a layer of pastry, cover this with royal icing, and continue till the pastry is used up. Or instead of icing, use alternate layers of jam.

### MIRLITONS

Line some tartlet tins with puff pastry, raising the edges slightly. Fill each with the following mixture: Beat up 2 eggs lightly with 2 ozs. of sugar, 12 finely chopped blanched almonds, 1 tablespoon of orange flower water and 2 tablespoons of cream. Half fill the tarts with the mixture, sprinkle freely with sugar, and bake in a quick oven for 15 minutes.

## "MOUTH POCKETS"

Roll out puff pastry very thinly and cut in 5-inch rounds. On one side of each round, put a little of the following: Make a syrup with 1 lb. of lump sugar, and 4 tablespoons of water. Add a few peeled and stoned plums, a few peeled, cored and quartered apples, and 1 or 2 tablespoons of currants. Simmer till the consistency of jam. Fold each round of pastry, pressing the edges together, put on a baking tin, sprinkled with a little water, and bake in a fairly brisk oven, lowering the heat after 8 to 10 minutes. When cold, coat with royal icing (see p. 124).

## MERVEILLES

Put 1 lb. of flour on a pastry board, make a well in the middle, put in 4 eggs and  $3\frac{1}{2}$  ozs. of sugar and work gradually with the flour, adding a little cold water and flavouring with either orange flower water or vanilla. Work well and let stand for 2 hours. Divide into 2-oz. pieces, and roll out very thinly on a floured board. With a pastry roller, or with a knife, divide or mark into 4 or 5 long strips, but without separating the pastry. Fry in deep fat to a light golden colour. Drain, and sprinkle with sugar.

## PASTRY RISsoles

Roll out some puff pastry thinly and with a cake-cutter cut into 4-inch rounds. In the centre put a little Crème anglaise or Crème Frangipane (see p. 19) and fold the other half of the pastry over it, damping and pressing down the edges. Fry in deep fat to a light golden colour.

## LA PÂTE AUX POIRES

Make a short crust with 1 lb. of flour, 10 ozs. of butter, a pinch of salt and sugar and a little water. Let stand for

1 hour, and roll out in an oval shape. In the middle put some chopped pears, previously soaked in rum or kirsch, and sprinkle with sugar. Moisten the edges of the paste, fold over and press the edges firmly. Brush over with yolk of egg and bake in the oven to a light brown.

## FRUIT PIES IN GENERAL

They are made in the same manner as Apple Pie, but it is advisable, when unripe fruit is used, to stew them slightly in a little water and sugar before putting them in the pie-dish. Small fruit, such as cherries or damsons, should not be stoned.

### APPLE PIE

This is a very old English sweet, and we find many recipes for it in old English cookery books.

Here is a good modern version :

*Ingredients* : 2 lbs. of apples, sugar to taste, 3 or 4 cloves, 1 teaspoon of lemon rind, short crust.

*Method* : After having been peeled and cored, the apples should be cut in thick slices. Arrange these neatly in a pie-dish, sprinkle with sugar, and add the finely-grated lemon rind and the cloves. Cover with a lid of short crust, having first of all placed a band of paste upon the wetted edge of the dish, and having pressed it down all round. Cut the edge evenly and notch at intervals of about  $\frac{1}{8}$  inch. Put in a brisk oven at first, then in a moderate oven, and bake for about 40 to 50 minutes. To serve, sprinkle with castor sugar.

When the pie is to be eaten cold, the crust should be raised carefully with a knife, so as to let the steam escape. This helps to keep the pastry crisp.

In some recipes for Apple Pies the pie-dish is lined with



pastry. Another variation is to lift the crust from the pie when it is done and to cover the fruit with either Devonshire cream or with boiled custard. In some of the old-fashioned cookery books, whipped cream is mentioned as an accompaniment. The cover of the pie is divided into triangular pieces, which should be stuck round the inside of the tart.

This probably was the origin of the "fraud" which we get in some of the cheaper restaurants of serving stewed apples with a wedge of pastry, and calling such a dish Apple Pie.

### APPLE PIE WITH MERINGUE

Proceed as in foregoing recipe and, when done, lift the crust from the pie and cover the pie with meringue (see p. 34), sprinkle with sugar and put in a quick oven to brown lightly.

### BANANA PIE

Peel and slice the bananas and cook in a little syrup. Rub through a sieve and proceed as in recipe for Apple Pie (see p. 97).

### BANANA PIE WITH MERINGUE

The same as Apple Pie with Meringue (see above).

### BLACKBERRY PIE

Stew the blackberries till soft, with sugar to taste, and proceed as in Apple Pie.

### CHERRY PIE

Either stew the cherries till tender or else use compôte of cherries, and proceed as in making Apple Pie.

## COCONUT PIE

*Ingredients :* 1 cup of grated coconut,  $\frac{1}{2}$  a cup of sugar, 2 eggs, a little grated nutmeg, 1 pint of milk.

*Method :* Beat the eggs till very light, add the sugar gradually, the nutmeg, and finally the grated coconut, and the boiled milk, which must be allowed to cool. Mix and beat all thoroughly, and put in the pie-dish lined with slightly baked pie crust. Coconut pie is always an uncovered one. Bake in a moderate oven for about  $\frac{1}{2}$  hour.

## CRANBERRY PIE

*Ingredients :* 1 $\frac{1}{2}$  pints of cooked cranberries, 1 cup of sugar, plain pie crust.

*Method :* Wash the cranberries in cold water, put them in an earthenware casserole with 1 pint of water, bring to the boil and simmer for 20 minutes, crushing the berries to extract the juice. Remove from the fire and stir in the sugar. Replace on a slow fire and simmer 10 to 15 minutes longer. Put the berries in a basin, but do not strain. When cold, put in a pie-dish lined with crust which has already been slightly baked, decorate with strips of pastry, and bake till the strips of pastry are a delicate golden colour.

## CREAM PIE

Blend 1 tablespoon of flour with 1 of butter, and add 1 pint of hot milk gradually. Flavour with 1 teaspoon of vanilla essence, and add the whites of 4 eggs, beaten to a stiff froth. Line a pie-dish with puff pastry or short crust, fill with the mixture, and bake in a moderate oven for about 25 to 30 minutes, till lightly browned. This pie is not covered with crust, and is better cold than hot.

## CUSTARD PIE

Line a pie-dish with puff pastry, fill with custard or Crème Anglaise (see p.18), and cook in a moderate oven till the custard has just set, and is lightly browned.

## GOOSEBERRY PIE

Tail the gooseberries, and put them in a pie-dish, lined with short crust. Sprinkle freely with sugar, and proceed as in making Apple Pie (p. 97).

## GREENGAGE PIE

Line a pie-dish with short crust, spread with a layer of apple purée (see p. 19), and over this place the greengages, stoned and halved. Sprinkle with sugar and proceed as in making Apple Pie (p. 97).

## JAM AND SOUR CREAM PIE

*Ingredients* : 6 ozs. of pounded almonds, 2 ozs. of cherry jam, 2 ozs. of raspberry jam, 3 tablespoons of sour cream, 1 teaspoon of cinnamon, the yolk of 1 egg, short pastry or puff pastry.

*Method* : Mix the jam, the almonds, moistened with a little milk, the yolk of egg and the sour cream and flavour with the cinnamon. Line a pie-dish with the pastry, fill with the mixture, cover with pastry, and bake in a moderate oven till slightly brown.

## LEMON PIE

Beat 6 ozs. of sugar and 1 tablespoon of butter to a cream, and add the yolks of 2 eggs and the whites beaten to a stiff froth. Then add the juice and pulp of 2 lemons. Put into

a pie-dish lined with partially baked short crust, cover with a lid of crust, and bake in a quick oven for 30 minutes.

### MINCE PIES

Line some large pâté tins with either puff pastry or short crust. Fill with the following mixture : 1 lb. each of very finely chopped suet, currants, raisins, stoned and quartered, peeled and cored chopped apples, castor sugar,  $\frac{1}{2}$  lb. of sultanas,  $\frac{1}{4}$  lb. mixed candied peel, finely shredded, 1 lemon, a little cinnamon, mace and grated nutmeg, 1 gill of brandy. The lemon should be pared and the rind boiled till tender, then rubbed through a sieve and mixed in a basin with all the other ingredients. Put in a jar with an airtight lid and let stand for about 1 month before using. Put the pies in a moderate oven for about 30 minutes.

### PUMPKIN PIE (American)

*Ingredients* : 1 pint of pumpkin cooked and well mashed, 1 pint of milk, 1 breakfast cup of either white sugar, brown sugar or molasses syrup, 4 eggs,  $\frac{1}{2}$  teaspoon each of ground mace, cinnamon and nutmeg, 3 tablespoons of butter.

*Method* : Cut the cooked pumpkin in small dice, and either mash to a smooth purée with a fork or rub through a sieve. Add 1 tablespoon of butter to the pumpkin purée and a little salt. When quite cold, put the pumpkin in a basin, mix with the milk, the sugar or syrup, the spices, and the 4 eggs well beaten. A tablespoon of brandy greatly improves the flavour. Line a pie-dish with crust and bake this under crust lightly. Then fill with the pumpkin mixture, and bake in a quick oven for  $\frac{1}{2}$  hour. When cold, sprinkle with sugar.

### RHUBARB PIE

It is best to use rhubarb which has been lightly stewed.

Put the rhubarb in a pie-dish lined with short crust, sprinkle freely with sugar, cover with a lid of pastry, and bake in a moderate oven for 30 minutes.

### PROFITEROLLES

Warm  $\frac{1}{2}$  pint of milk and add 2 ozs. of butter, 1 oz. of sugar, and a pinch of salt. Add sufficient flour to make a paste, and stir till the mixture thickens. Remove from the fire and stir in 2 eggs. Shape into small balls, and bake in a quick oven till lightly browned. Serve with a hot chocolate sauce (see p. 18).

### LE ROUYAT

Wrap a whole unpeeled apple in bread dough and bake in the oven to a light golden colour.

### SAVARIN

*Ingredients :*  $\frac{1}{2}$  lb. of flour, 1 level tablespoon of yeast, 3 tablespoons of unboiled, but warm milk, 3 ozs. of butter, 3 large eggs or 4 small ones,  $1\frac{1}{2}$  level tablespoons of sugar, a pinch of salt.

For the syrup which is poured over it : 6 ozs. of lump sugar, 1 gill of water, and 6 tablespoons of kirsch.

*Method :* Sift the flour in a terrine or in a salad bowl, and make a well in the centre. Put the yeast in the middle and with the fingers mix with the warm milk and a little of the flour. Cover the yeast lightly with the flour and let it stand for 5 or 6 minutes. Now add the eggs, which should have been well mixed in a basin, and work with the hands for a few minutes, adding another tablespoon of milk. Knead for about 5 minutes. Cover the basin and stand in a warm place for 30 minutes. Add the melted butter, the salt and the sugar to the paste and work for another 5 minutes.

Grease a shallow Turk's head mould, fill it only half way, and set to rise in a warm place. When it has risen almost to the top of the mould it is ready to bake. Put in a moderate oven and bake for about 40 minutes. Remove at once from the mould and put on a wire tray. Make a syrup with the water and sugar, and as soon as the sugar is dissolved let the mixture boil for 1 or 2 minutes. When nearly cold, add the kirsch place the Savarin on a dish and pour the syrup over it.

### STRAWBERRY SHORTCAKE (American)

*Ingredients* :  $\frac{1}{2}$  lb. of flour, 2 eggs,  $1\frac{1}{2}$  ozs. of sugar, 4 teaspoons of baking powder, just under 1 oz. of butter, a pinch of salt.

*Method* : Mix the flour, sugar and baking powder and sift. Gradually work in the eggs, mixing with a knife and then with the tips of the fingers, work in the butter, moisten gradually with the milk, and work all thoroughly. To bake, divide the dough in two, roll out, and put half in a round tin. Butter the top of this slightly and cover with the remaining half of the dough ; or the cake can be divided in half after it is baked. Bake in a quick oven for 12 minutes, testing with a skewer. When done, remove from the oven and fill, while still warm, with strawberries, well sprinkled with sugar and slightly crushed with a spoon. Finally cover the top with more strawberries.

### APPLE STRUDEL (Austrian)

There are various recipes for making the batter for strudel, some in which a little butter is used, some in which oil takes the place of butter, and some which include yeast. The recipe I give is the one most commonly used in Austria.

*Ingredients :* Just under  $\frac{1}{2}$  lb. of flour, 1 whole egg, 1 tablespoon of oil, a pinch of salt, a little water.

For the filling : Peeled, cored and sliced apples, currants, raisins, breadcrumbs fried in butter, sugar, melted butter.

*Method :* Put the flour on a pastry board and make a well in the centre. In this, put the egg, the oil and a pinch of salt. Mix first with a knife, then knead with the hands, adding a little water gradually. Work for 15 to 30 minutes, taking the dough in the hand and beating on the board. When it shows bubbles and no longer adheres to the hands, put it on a floured board, cover with a basin and let it stand for 1 hour. Put a large clean cloth on the kitchen table, sprinkle it with flour and roll out the dough. Lift the dough and with the back of the hands under it pull and stretch it carefully until it reaches the size of the cloth and is very thin and transparent. This is not an easy thing to do, and practice and experience are required to do this pulling without breaking the very thin paste. Lay the paste on the cloth and carefully trim off the pieces hanging over the side of the table. Now brush the paste over with melted butter, sprinkle with the fried breadcrumbs, the sliced apples, the raisins, currants and sugar. Lift the two corners of the cloth with both hands and roll the paste into a long thin sausage. Bend it and place carefully on a well-greased tin, brush over with melted butter or fat and bake till it is a nice golden colour. Sprinkle with sugar, cut in thick slices, and serve hot.

### STRUDEL WITH SOUR CREAM

The same as above, but using the mixture given for Sour Cream Quenelles (see p. 58) as a filling instead of the apples.

### APPLE TART

Line a tart tin or plate with a layer of short crust and cover

with previously stewed apples and a little syrup. Decorate with strips of pastry and bake in a quick oven for 25 to 30 minutes.

### APRICOT TART

The same as Apple Tart, using stewed apricots and syrup.

### APRICOT TART À LA METTERNICH

Line a plain mould with short crust. Peel the apricots, remove the stone, put them in the mould with 4 stoned cherries between each, sprinkle freely with sugar and bake in a moderate oven for 30 minutes or till the apricots are tender. Serve with Apricot sauce (see p. 17).

### BAKEWELL TART

Line a tart dish or flat dish with short crust and spread with the following mixture: Cream 2 ozs. of sugar and butter thoroughly, mix in the yolks of 2 eggs and the white of 1, 2 ozs. of ground almonds, and 2 or 3 drops of almond essence. Beat thoroughly. Bake for about 30 minutes in a fairly quick oven. This can be eaten either hot or cold.

### TART BARTOLOMEO CALDERONI

Work 6 ozs. of butter with 3 ozs. of flour, 3 ozs. of ground almonds, 2 ozs. of sugar, and the yolks of 2 eggs. Work the paste lightly and roll out on a floured board to  $\frac{1}{4}$  inch in thickness. Line a tart tin or plate with the pastry, but keeping some to decorate the tart. Cover with a thin layer of jam or fruit compôte flavoured with liqueur, and decorate with thin strips of the pastry, forming a lattice work. Brush the pastry over with a beaten yolk of egg, and bake in a moderate oven for 30 minutes, or till the paste is lightly coloured. Remove from the oven and let stand till quite



cold. Remove carefully from the tin, as the pastry is very brittle.

### CREAM TART

Line a tart tin or plate with puff pastry and bake it, pricking the pastry with a fork so that it will not rise too much. When cold, fill with Crème Chantilly or whipped cream (see p. 18) sweetened and flavoured with kirsch or maraschino. Decorate with crystallized fruits and glacé cherries and serve cold.

### DAMSON TART

Line a tart tin with short crust and cover with lightly stewed damsons, sprinkle freely with sugar and decorate with strips of pastry. Bake for 30 minutes.

### DATE TART

Line a tart tin with puff pastry and bake it, pricking with a fork to prevent it from rising too much. Fill with the following mixture when cold: Remove the stones from 2 lbs. of dates and rub the dates through a sieve. Work this purée with 2½ ozs. of butter and 1½ ozs. of shelled, chopped and browned hazel nuts. Sprinkle the top with more chopped hazel nuts. Serve cold. (The dates must not be cooked.)

### GERMAN TART

Make the pastry with ½ lb. of flour, ½ lb. of butter, 2 whole eggs, 2 yolks, ½ lb. of sugar, and work all thoroughly. Roll out to about ½ inch in thickness, put on a thick tart pan, spread a thin layer of apple cooked in syrup (see p. 30) with chopped almonds over it, decorate with strips of pastry brushed with yolk of egg, and bake in a moderate oven. When cold, remove from the tart pan.

## GOOSEBERRY TART

The same as Apple Tart (see p. 104), using stewed gooseberries and sprinkling liberally with sugar.

## GRAPE TART

Line a tart tin with puff pastry, and cover with stoned white grapes. Bake till the pastry is lightly coloured, remove from the oven and sprinkle freely with sugar.

## JAM TART

Line a tart tin or plate with either puff pastry or short crust, spread with a layer of jam, and bake till the pastry is a light golden colour. It can be eaten either hot or cold, and also decorated with strips of pastry.

## LA TARTE LYONNAISE

Line a tart tin with short crust and cover with the following mixture : Mix  $3\frac{1}{2}$  ozs. of stale white breadcrumbs with 1 gill of milk, 3 ozs. of sugar, 3 or 4 blanched and pounded almonds, 1 tablespoon of kirsch and finally mix in the yolks of 4 eggs, and the whites of 2 eggs, beaten to a froth. Bake for 30 minutes in a moderate oven.

## NEAPOLITAN PIZZA

*Ingredients* : Puff pastry or short crust, 6 ozs. of sour milk (when it has become solidified),  $2\frac{1}{2}$  ozs. of sweet almonds, including 3 bitter almonds, 2 ozs. of sugar, just under 1 oz. of flour, 1 whole egg, and 1 yolk, 1 gill of milk, a flavouring of either lemon or vanilla, according to taste.

*Method* : Put the milk, the sugar, flour and 1 egg in a saucepan and stir until the mixture begins to thicken. Remove from the fire and, after a few minutes, add the yolk

of egg and the flavouring. Then stir in the sour milk and the almonds, previously blanched and skinned, and pounded in a mortar. Line a tart dish with the puff pastry or short crust, thinly rolled out, put the mixture on it, cover with another thin sheet of pastry and decorate with small pieces of pastry, cut in fancy shapes. Brush over with the yolk of an egg, and bake in a moderate oven for 25 to 30 minutes, till the pastry is a golden colour. This is served cold, and sprinkled with a little sugar.

### NEAPOLITAN TART ROLL

This excellent sweet consists of short crust, rolled out thinly, sprinkled or brushed over with honey and strewn with chopped walnuts and hazel nuts, chopped candied peel and mixed spices. It is then rolled up to form a long sausage and this is twisted into a spiral and baked in a moderate oven for 30 minutes till it is of a golden colour.

### RED CURRANT AND RASPBERRY TART

Proceed as in foregoing recipe, but use equal parts of red currant and raspberry purée (see Fruit Purées, p. 19).

### TREACLE TART

Line a tart tin or plate with short crust, put a thin layer of treacle over it and bake till the edges of the crust are slightly coloured. Breadcrumbs are sometimes mixed with the treacle to prevent the treacle running.

### APPLE TARTLETS

Line pâté tins with puff pastry and fill with apple purée (see p. 19). Bake till the pastry is lightly coloured.

### BALMORAL TARTLETS

Line pâté tins with short crust and fill with the following mixture: Cream 1 oz. of butter with 1 of castor sugar, stir

in the yolk of 1 egg,  $\frac{1}{2}$  oz. of cakecrumbs, 2 or 3 glacé cherries, finely chopped, and  $\frac{1}{2}$  oz. of shredded candied peel. Lastly stir in the white of egg, beaten to a stiff froth. Cover each tartlet with 2 narrow strips of pastry and bake for 20 minutes in a moderate oven.

### TARTLETS CHANTILLY

Garnish tartlets of baked puff pastry with sweetened Chantilly cream (see p. 18), and garnish each with a glacé cherry.

### CHERRY TARTLETS

The same as preceding recipe, but fill the tartlets with cherry compôte.

### DAMSON TARTLETS

The same as preceding recipe, but fill with stewed damsons. Bake for 20 minutes, and sprinkle with sugar when done.

### CUSTARD TARTLETS

The same as preceding recipe, but filled with custard (see p. 27). Bake till set and sprinkle with sugar.

### FRUIT TARTLETS

The same as preceding recipes, but the tartlets can be filled with any fruit compôte, stewed fruit, or fruit purées (see p. 19) and baked till the pastry is lightly coloured.

### PLUM TARTLETS

The same as preceding recipes. The tartlets should be quite small, and the pastry should be baked. Place 1 plum, cooked in compôte or a little plum jam, in each tartlet and cover with a little syrup. This is served cold.

## JAM TARTLETS

The same as Jam Tart (see p. 107), but using tartlets.

## MAIDS OF HONOUR

Fill tartlets of puff pastry with the following mixture : Pound in a mortar 2 ozs. of sweet almonds, previously blanched and skinned, with 4 ozs. of sugar. Add 2 yolks of egg,  $\frac{1}{2}$  oz. of flour, 2 tablespoons of cream, and flavour with a little orange flower water. Bake in a moderate oven till a light golden colour for about 15 minutes.

## ORANGE TARTLETS

Fill the baked puff pastry tartlets with slices of orange cooked in syrup (see p. 30) flavoured with a little curaçao.

## PUMPKIN TARTLETS

Fill the tartlets with the same mixture as in recipe for Pumpkin Pie (see p. 101) and bake for 20 minutes in a moderate oven.

## “ TROUBLED THOUGHTS ”

*Ingredients :* Just under  $\frac{1}{2}$  lb. of flour, the yolks of 4 eggs, 3 tablespoons of castor sugar, 5 tablespoons of white wine or water, a pinch of salt, frying oil or good fat.

*Method :* Work the flour and eggs with a knife, then add the other ingredients and knead for about 20 minutes. The paste should be light but quite firm. Mould into an oblong shape, cover with a basin and let it stand for  $\frac{1}{2}$  hour. Now cut very small pieces from the paste and roll them out on a floured pastry board as thinly as possible into rounds of about 3 inches. With a sharp knife make 4 small incisions in each round. Thread the handle of a wooden spoon in and out of these incisions. Have ready a small deep saucepan of boiling oil or fat. Dip the “ Troubled Thought ” in the hot fat, holding it with the wooden spoon. After about 1 minute, slip out the spoon as the “ troubled thought ” will be sufficiently cooked on one side, turn it carefully and cook

the other side to a light golden colour. Have ready a plate with icing sugar and dip them in this while still hot, coating them equally all over. They should be very light and crumbly.

## *Ices, etc.*

There are two different kinds of ices : those made with a mixture of yolks of egg and milk, sometimes with the addition of cream, and those made with the pulp of fresh fruit and a light syrup.

In the first of these, the number of yolks of egg varies, but as a general rule, a good ice can be made with 4 or 5 yolks of egg to every quart of milk, and 6 to 8 ozs. of sugar. Beat the yolks of egg and sugar to a smooth paste and add the boiling milk gradually, stirring continuously. Then stir over a very slow fire till the mixture begins to thicken and to coat the spoon, but do not allow to boil. Strain through a coarse wire sieve into a basin and stir till cold. Put in the freezer. For ices made with fruit pulp, allow equal quantities of pulp or purées (see p. 19) and of light syrup. Thin out to the proper consistency with water—preferably filtered water.

### ALMOND ICE

Pound 2 ozs. of almonds and 3 or 4 bitter almonds in a mortar, and add to the milk which is to be boiled. Use same proportions as given in foregoing recipe for ices made with milk and eggs.

### CHOCOLATE ICE

When 1 quart of milk is being used, dissolve 6 ozs. of chocolate in a little water and add to the milk when quite smooth. Use only 4 ozs. of sugar.

### COFFEE ICE

Add 4 tablespoons of strong coffee to the milk and boil. Proceed as in foregoing recipes.

p. 117), and in the centre put a little Crème Chantilly, flavoured with strawberry purée (see p. 19).

### COUPES JACQUES

Fill the glasses with a layer of lemon ice and a layer of strawberry ice (see p. 117) and cover with a macédoine of fruit (see p. 34) flavoured with kirsch.

### COUPES MALMAISON

Fill the glasses with vanilla ice to which a few peeled and stoned Muscat grapes have been added.

### COUPES MÉXICAINE

Fill the glasses with tangerine ice mixed with diced pineapple.

### COUPES PETIT DUC

Half fill the glasses with vanilla ice, and over it place a peach poached in syrup and surround with lemon ice.

### COUPES THAÏS

Half fill the glasses with vanilla ice. Place  $\frac{1}{2}$  a peach in each glass, surround with Crème Chantilly (see p. 18) and sprinkle with grated chocolate.

### COUPES TUTTI FRUTTI

Put a tablespoon of chopped candied mixed fruit, sprinkled with kirsch, in each glass, and cover with alternate layers of strawberry, pineapple and lemon ice, with a layer of fruit between each.

### BISCUITS GLACÉS

The mixture for biscuits glacés consists of  $\frac{1}{2}$  lb. of sugar, 6 yolks of egg, 4 ozs. of Italian meringue (see p. 20) and  $\frac{1}{2}$  pint of whipped cream. Beat the yolks of egg and sugar till very smooth in a basin which should be stood in a saucepan of hot water. Remove the basin from the saucepan and continue beating till the mixture is quite cold. Then mix in the meringue and the whipped cream. The biscuits

glacés are put in special brick-shaped rectangular moulds having 3 compartments, each of which is filled with a different coloured and flavoured biscuit glacé. The flavours, etc., can be greatly varied.

### BISCUIT GLACÉ MARQUISE

Alternate layers of vanilla and strawberry biscuit glacé.

### BISCUIT GLACÉ MONT-BLANC

The first layer consists of the plain biscuit glacé mixture (see p. 114) flavoured with rum, the second of biscuit glacé mixture with a few pounded chestnuts, and the top is the same as the first layer.

### BISCUIT GLACÉ À LA NAPOLITAINE

This consists of a layer of vanilla biscuit glacé, the second of strawberry, and the third of pistachio nuts.

### BOMBES GLACÉES

The mixture for *bombes glacées* is variable, a larger proportion of yolks of eggs being generally used by chefs. A good mixture is the yolks of 8 eggs, 1 gill of light syrup and just over 1 pint of whipped cream. Put the yolks of eggs in a saucepan and beat with the syrup till thick. Remove from the fire and whip till cold, on ice if possible. Then add the flavouring and the whipped cream.

### BOMBE ABRICOTINE

Coat a mould (special mould for bombes) with apricot ice (see p. 116) and fill the centre with alternate layers of the bombe mixture, flavoured with kirsch and with apricot jam.

### BOMBE ALHAMBRA

Coat the mould with vanilla ice and fill with strawberry bombe mixture. Serve with a garnish of strawberries sprinkled with kirsch.



## BOMBE MARIE LOUISE

Coat the mould with raspberry ice (see p. 117) and fill with a bombe mixture flavoured with vanilla.

## FRUIT ICES

### APRICOT ICE

Mix every  $\frac{1}{2}$  pint of apricot purée (see Fruit Purées, p. 19) to  $\frac{1}{2}$  pint of light syrup. Add the juice of 2 lemons.

### BANANA ICE

Sprinkle  $\frac{1}{2}$  pint of banana pulp with kirsch and let stand for 1 hour. Mix with  $\frac{1}{2}$  pint of light syrup and the juice of 3 oranges.

### CHERRY ICE

Pound  $\frac{1}{2}$  pint of stoned cherries, and pound the stones as well. Sprinkle with kirsch and let stand for 1 hour or more in  $\frac{1}{2}$  pint of syrup. Rub through a sieve and add the juice of  $\frac{1}{2}$  a lemon.

### GOOSEBERRY ICE

Mix equal parts of syrup and gooseberry juice. As this fruit is apt to be acid, no lemon juice is used.

### GRAPE ICE

Add the juice of 3 lemons to 3 pints of grape juice and sweeten to taste. Rub through a sieve.

### LEMON ICE

Soak the zest of 3 lemons in  $\frac{1}{2}$  pint of cold light syrup. Then add the juice of 3 lemons and of 2 oranges, and strain.

### MELON ICE

Mix  $\frac{1}{2}$  pint of ripe melon pulp with  $\frac{1}{2}$  pint of syrup, and add the juice of 2 oranges and 1 lemon. Rub through a sieve.

### ORANGE ICE

Add the zest of 4 oranges to 2 pints of boiling syrup. When cold, add the juice of 4 oranges and of 1 lemon. Rub through a sieve.

### PEACH ICE

See Apricot Ice, p. 116.

### PEAR ICE

Peel and core the pears and pound in a mortar with equal quantities of castor sugar, adding the juice of 1 lemon to every lb. of pears. Rub through a sieve and thin with cold water.

### PINEAPPLE ICE

Put  $\frac{1}{2}$  pint of pineapple pulp in a basin and mix with  $\frac{1}{2}$  pint of syrup flavoured with maraschino or other suitable liqueur. Let stand 2 hours and rub through a sieve.

### PLUM ICE

See Apricot Ice, p. 116.

### RASPBERRY ICE

Mix  $\frac{1}{2}$  pint of raspberry purée (see Fruit Purées, p. 19) with  $\frac{1}{2}$  pint of syrup. Add the juice of 1 lemon and 1 orange.

### STRAWBERRY ICE

The same as Raspberry Ice.

### TANGERINE ICE

Add the zest of 4 tangerines to  $1\frac{1}{2}$  pints of boiling syrup. When cold, strain and add the juice of 6 tangerines, 2 oranges and 1 lemon.

### ICED PUDDINGS

Iced puddings hardly belong to the category of ices proper, as they are not generally frozen in the same manner as ices, but merely well iced.

## POUDING DIPLOMATE

See p. 77, but put in a mould and freeze.

## NESSELRODE ICE PUDDING

Add  $\frac{1}{2}$  lb. of purée of chestnuts to 2 pints of Crème Anglaise or custard. Mix in  $\frac{1}{4}$  lb. of chopped raisins and currants and chopped candied orange peel and glacé cherries. Add whipped cream in the same proportion as for Bavarois (see p. 23) flavoured with maraschino. Put in a mould and freeze lightly.

## LIQUEUR ICES

The liqueur can be added either to the ices made with milk, etc., or to fruit ices, the proportion being 4 tablespoons to every quart of the mixture. The liqueur is generally added to the mixture when this is quite cold.

## MOUSSE GLACÉE

Fruit iced mousse is made with equal parts of fruit purée and syrup (cold), and double the quantity of Crème Chantilly or whipped cream, which should be very firm.

Cream ice mousse is made with equal quantities of Crème Anglaise or custard and cream flavoured according to taste. The whole is whipped till very light and firm and turned out in papered moulds and frozen.

These mousses can be flavoured with coffee, chocolate, kirsch, maraschino, rum, tea, apricots, oranges, etc.

## SORBETS

Sorbets are very light ices, which a few years ago were served in the middle of the dinner, after the entrée. They are usually flavoured with liqueurs. They can be prepared in the same manner as liqueur ices (see above). The best known of sorbets and the most popular are the following :

## PUNCH À LA ROMAINE

Add, according to taste, either white wine or champagne to  $\frac{1}{2}$  pint of light syrup, with the juice of 3 lemons and 2 oranges, a strip of lemon peel and a strip of orange peel. Let stand for 1 hour and strain. Put the mixture in the freezer, and when it begins to freeze add  $\frac{1}{4}$  of the quantity of Italian meringue. Mix thoroughly and replace in the freezer. When firm and just before serving mix in gradually 6 tablespoons of rum. Serve in glasses.

## SORBET À LA SICILIENNE

This consists of a water-melon which is kept on ice or surrounded with crushed ice for 2 or 3 hours. Remove the top of the melon and remove all the seeds and stringy parts. Detach the pulp of the melon with a spoon, but without taking it out of the melon, flavour with maraschino and again put on ice for 1 hour. Serve surrounded with crushed ice.

## ICED SOUFFLES

These can be made with the same mixtures as iced mousse (see p. 118) and flavoured with vanilla, etc. The fruit soufflés can be made by whipping 5 eggs to a stiff froth, adding 1 tablespoon of thick syrup,  $\frac{1}{2}$  pint of fruit purée (see p. 19) and  $\frac{1}{2}$  pint of very stiffly-beaten cream, sweetened and flavoured according to taste.

The large soufflés are put in an ordinary soufflé dish, the sides of which are lined with paper 2 or 3 inches higher than the dish. Fill the soufflé dish with the preparation almost to the top of the paper, and when the soufflé has been frozen and is set remove the paper carefully. The soufflé will appear to have risen in the same manner as a hot soufflé. Proceed in the same manner for iced soufflés served in individual dishes.

## WATER ICES

Water ices are made with uncooked fruit and sugar. The fruit is crushed with a fork, freely sprinkled with sugar,

and left to stand for some hours, till some of the juice has oozed out. The fruit is then strained through a muslin cloth and the juice is diluted with water and the mixture frozen in the ordinary way. Liqueurs can be added according to taste.

## Pastry

(Savoury and Sweet)

THE success in the making of pastry depends much upon things which are difficult to teach, whether in writing or by actual demonstration. Lightness of touch and proper manipulation can only be taught up to a certain point, but the light-handedness of a good pastry-cook is a gift, just as the delicacy of touch which characterises some pianists is a gift which no master can teach. It is difficult to set down hard and fast rules in the making of pastry, as so much depends on factors over which the author of given recipes has no control—atmospheric conditions, the quality of the butter used, the quality of the flour, the heat of the oven, etc., etc. But anyone with a knowledge of and an instinct for pastry-making will know exactly how to adjust recipes to conditions and ingredients, and will “feel” whether the pastry is as it should be or not.

### PUFF PASTRY

There are four important operations in the making of puff pastry :

(1) The mixing of the flour and water, which is worked into the paste in which the butter is eventually folded. This mixing should be done as rapidly and lightly as possible, and with as little kneading as possible, as the pastry should have no elasticity at this stage. The mixing of  $\frac{1}{2}$  lb. of flour with the water should not take longer than 5 minutes.

(2) The buttering of the paste. Both the butter and paste should be of the same consistency. This is a most important

point, as otherwise they will not mix evenly. If the butter is firmer than the paste it is apt to come through the paste when the paste is rolled, and if too soft it is apt to run out.

(3) The rolling of the paste, which must be done with the utmost care and precision, as on this will depend the lightness and flakiness of the pastry.

(4) The temperature of the oven, which should be very hot at first. Very good sifted flour and good butter should be used in the making of puff pastry. Puff pastry should be worked in a cool place and stood in a cool place, but it should not be put in an ice box or stood on ice, as the butter is apt to harden too much. Always cover the pastry with a cloth while it is waiting, as the air is apt to dry it.

#### HOW TO MAKE PUFF PASTRY

(1) Sift 1 lb. of flour on the pastry board, make a well in the centre, and in this put  $\frac{1}{2}$  oz. of salt and a little water to dissolve the salt. Add altogether about  $\frac{1}{2}$  pint of water and mix in the flour with the tips of the fingers, kneading as little as possible and working rapidly to a soft paste. It is almost impossible to give the exact proportion of water to be used, as different kinds of flour vary and some absorb water more readily than others. Roll the paste into a ball and let it stand for 20 to 25 minutes in a cool place with a cloth over it.

(2) The butter should be of the same consistency as the paste. To soften the butter, put it on one end of a wet cloth, fold the other ends of the cloth over it, and press firmly, and repeat the process till the butter is of the right consistency. Put the pastry on a perfectly clean and lightly floured board or marble and flatten it very evenly with the palm of the hand into a flat round or square 1 inch in thickness. Flatten the butter to about the same thickness and give it the same shape as the pastry, but slightly smaller. Place it over the paste, and draw the edges of the paste

towards the centre, so that the butter is completely covered—it should have the appearance of a square envelope. Let stand for 10 minutes in a cool place.

(3) Now put the pastry on the board, which should be lightly floured, and roll out lightly in forward rolls, lifting the rolling pin between the rolls—paste should never be rolled backwards and forwards, and puff pastry should never be rolled off the edges, as this may force out some of the air. Roll lightly and very evenly to an 18-inch long band, 8 inches wide and about 1 inch thick. Now fold the band exactly in three and press lightly with the rolling-pin so that the three folds are well pressed together. This is the first “turn” of the paste. The paste is then turned so that the folded edges are on the right and left. Roll out and fold once more in the same manner, thus giving the second “turn.” Cover and let stand in a cool place for 10 minutes.

Repeat the operation in the same manner, giving another two turns, and again let the paste stand for 10 minutes.

Finally, give it two more “turns,” let it again stand for 10 minutes, when it is ready to be used.

Any trimmings which are left over from puff pastry should be kneaded into a ball and put in a cool place for 1 hour or longer, and can be used for making tartlets, etc.

### ROUGH OR HALF-PUFF

Proceed exactly as in the making of puff pastry, but using half the quantity of butter and only giving the paste four turns.

### SHORT CRUST

Put 1 lb. of sifted flour on the pastry board, make a well in the centre, put in a good pinch of salt, dissolve with a little water and  $\frac{1}{2}$  lb. of butter, softened as in recipe for puff pastry (see p. 120). Rub the butter lightly into the flour, adding sufficient water to make into a smooth paste, and knead twice. Roll into a ball, cover and let stand for a

few hours. Kneaded pastes allowed to stand for a few hours are much easier to work, having lost their elasticity, and are lighter than when used at once.

### SHORT CRUST WITH BUTTER AND LARD

The same as in preceding recipe, but using equal parts of butter and lard.

### SHORT CRUST WITH YOLK OF EGG

The same as in preceding recipe, but adding the yolks of 2 eggs and 1 teaspoon of baking powder.

### PASTRY FOR TARTS AND TARTLETS

Sift 1 lb. of flour on the pastry board, make a well in the centre and put in 10 ozs. of butter, worked with 1 egg, a pinch of salt, 1½ ozs. of sugar and 1 gill of cold water. Rub into the flour lightly, knead twice, and let stand in a cool place before using.

### SHORT CRUST WITH LARD

Work in the same manner as in other recipes for Short Crust, but using 4 ozs. of lard to 1 lb. of flour, 1 whole egg and 1 gill of tepid water.

### SUET PASTE OR CRUST

Put 12 ozs. of flour in a basin with 1 teaspoon of baking powder, a good pinch of salt and mix with 6 ozs. of finely-chopped suet. Add gradually sufficient cold water to make a stiff paste. Work the paste lightly and roll out as required.

### “CHOU” PASTE

Put ½ pint of cold water in a saucepan with 3½ ozs. of butter, divided in small pieces, with 1 teaspoon of sugar and 2 saltspoons of salt. Bring to the boil on a quick fire, and as soon as the mixture begins to bubble remove from the fire and stir in ¼ lb. of flour, working vigorously with a wooden spoon, till the paste is perfectly smooth. Replace the saucepan on the fire and turn the paste with the spoon



till it begins to dry and no longer clings to the bottom of the saucepan. Remove the saucepan from the fire and stir in 4 medium-sized eggs, one at a time, being sure that each egg is well absorbed in the mixture before adding the next. The paste should be well stirred and beaten in order to ensure lightness. The paste will be of the right consistency when it is sufficiently stiff to retain its shape when it is dropped from a spoon and yet sufficiently soft to slide from the spoon like a ribbon. Use as required.

## ICINGS

### ROYAL ICING

This consists of white of egg and icing sugar, flavoured according to taste with vanilla, lemon, etc. The exact proportions of egg and sugar are difficult to give accurately, as much depends on the size of the eggs used, but it is easy to judge when sufficient sugar has been added and when the mixture is "felt" to be of the right consistency. Generally speaking, the proportions are the whites of 2 small eggs, to  $3\frac{1}{2}$  ozs. of sifted icing sugar. Put the whites of egg in a large basin and, with a perfectly clean wooden spoon, gradually work in the sugar, till the mixture is perfectly smooth and somewhat stiff.

### CHOCOLATE ICING

Disolve 1 oz. of chocolate in 1 tablespoon of water over a slow fire, but do not let the chocolate boil. Stir to a smooth paste. Then add  $3\frac{1}{2}$  ozs. of icing sugar, well worked with 2 tablespoons of water till quite smooth. Work together vigorously with a wooden spoon till smooth. Pour the mixture in a saucepan, place this saucepan in a larger one, half filled with boiling water, and work with a spoon till the mixture is slightly "runny"—the saucepan should not be on the fire.

